Maine Grief Support Centers (Listed by County)

Note: Updated annually. Items may have changed. Please call ahead to verify dates, times and locations of group meetings.

ANDROSCOGGIN

Androscoggin Home Care & Hospice
Type: Grief Groups, Suicide Survivor Groups
Contact: Amy Dulac
Address: 15 Strawberry Avenue Lewiston, Maine 04240
Phone: 207-777-7740 or 1-800-482-7412
E-Mail: developmentoffice@ahch.org
amy.dulac@ahch.org
Website: www.ahch.org
Enrollment: Contact Amy to register.
Areas Served: Androscoggin, Oxford, Franklin, Farmington and Cumberland
Group Leader: Professional staff, trained volunteers
Criteria: Call to register before attending a group.
Description: Adult grief support groups in Lewiston/Auburn, Bridgton, Norway and Farmington. Camp Dragonfly is for grieving children (ages 3-18) and adult family members who experienced the loss of a loved one. Pathways through Grief is a 6-week grief support group offered in Bridgton, Farmington and Norway for adults who suffered a loss through death. Guidance through Grief is an 8-week grief support group in Lewiston for adults who suffered a loss through death. Bereavement after Suicide addresses special needs and feelings of persons coping with a loss due to suicide. A general grief support group is open to anyone who lost a loved one. Meetings: The general grief support group held 2nd and 4th Wednesday every month, 6-7:30PM at St. Mary’s Residences, Campus Cuisine Room, 100 Campus Avenue, Lewiston. Contact Amy for information on other group locations, dates and times.

The Colby Fund
Type: Pregnancy/Infant Loss Support
Contact: Tammy Brule
Address: Central Maine Medical Center 300 Main Street, Conference Rm. D Lewiston, Maine 04240
Phone: 207-400-0093 (Tammy Brule)
E-Mail: babylitagator@tours.com
Website: www.babylitagator@tours.com
Enrollment: Call Tammy prior to meeting.
Areas Served: Statewide
Group Leader: Tammy Brule
Criteria: Self-Referral
Description: Counseling and support at St. Mary’s Hospital and CMMC in Lewiston for individuals, couples, families and friends who experienced a pregnancy loss or infant death. Offers a safe and supportive environment where people share their feelings associated with loss, find answers to difficult questions, seek comfort in others with similar experiences, develop coping skills and start to understand the grieving process. Also provides Bereavement Doula Services.
Meetings: Held 3rd Wednesday every month. Call Tammy for group location and time.

**Compassionate Friends**
Type: Child/Grandchild Loss Support
Contact: Jan 207-364-8809 (Primary) or Libby 207-344-7074
Address: D'Youville Pavilion ARC Room, 102 Campus Avenue Lewiston, Maine 04240
Phone: 207-557-8202
E-Mail: compassionatefriendslewiston@yahoo.com
Website: www.compassionatefriends.org
Enrollment: Call ahead to register.
Areas Served: Statewide
Group Leader: Trained volunteers
Criteria: Open to the community
Description: Open to anyone dealing with the loss of a child or grandchild.
Meetings: Held 2nd Wednesday every month, 6-8PM at D'Youville Pavilion.

**AROOSTOOK**

**Northern Maine Medical Center**
Type: Suicide Loss Support Group
Contact: Ethel Jalbert, RN
Address: P.O. Box 343
Fort Kent, Maine 04743
Phone: 207-834-5790
Contact E-Mail: ethel.jalbert@yahoo.com
Website: www.nmmc.org
Enrollment: Open Enrollment
Areas Served: Northern Aroostook

Group Leader: Facilitated by mental health professionals and loss survivors.
Criteria: No referral required. The loss does not have to be recent.
Description: Open to suicide loss survivors. For adults who have experienced a loss of family member or friend by suicide. Handouts free and refreshments served.
Meetings: Held 1st Thursday every month, Northern Maine Medical Center Library, 6:30-8PM.

**Compassionate Friends**
Type: Loss of a Child Support
Contact: Michele
Address: Center for Community Health Education (Houlton Hospital) 20 Hartford Street, Houlton, Maine 04730
Phone: 207-521-7455
Contact E-Mail: chelewilliefitz@gmail.com
Website: www.compassionatefriends.org
Enrollment: Drop-In
Areas Served: Statewide
Group Leader: Michele
Criteria: Open to the community.
Description: Support for parents or siblings who have lost a child of any age.
Meetings: Held 2nd Wednesday every month, 6:30-7:30PM, Houlton Regional Hospital.
CUMBERLAND

CHANS Hospice and Volunteers:
Center for Grief and Loss
Type: Grief Support Groups
Contact: Andy Sokoloff, Grief Support and Bereavement Coordinator
Address: 45 Baribeau Drive Brunswick, Maine 04011
Phone: 207-721-1357
Contact E-Mail: asokoloff@midcoasthealth.com
Website: www.hospicevolunteers.org, www.CHANShomehealthcare.com

Enrollment: All programs have intake process and free of charge. Pre-attendance meetings required prior to all support groups to help people connect to appropriate group. Contact Andy to register or for information.

Areas Served: Parts of Androscoggin, Cumberland, Lincoln and Sagadahoc

Group Leader: Licensed staff and peer facilitators

Criteria: Self-Referral

Description: Suicide Loss Support Group is open to all members of the community who lost someone to suicide. A support group is newly available for families who lost loved ones due to a drug overdose or long-term substance use. Adult Grief Support Groups are at several locations and a Grieving Children’s Support Group for all Children, Teens and their Families. An anticipatory grief support, Living Loss, Living Hope, is for individuals or families facing life threatening illness or other losses.

Meetings: 8-week Grieving Parents Support Group meets Thursdays 1-2:30pm at 45 Baribeau Dr., Brunswick. This class is designed for anyone grieving the death of a child at any age. The 8-week Survivors of Suicide Loss Support Group meets Mondays at 6-7:30pm at United Methodist Church, 340 Oak Grove Ave., Bath, designed for anyone in community grieving death by suicide of a loved one. Adult Grief Support Group meets the 2nd and 4th Tuesday of the month from 6:30-8 pm at 45 Baribeau Dr., Brunswick designed for anyone grieving the death of a loved one. A second Adult Grief Support Group meets the 1st and 3rd Wednesday of every month from 2-3:30 pm at the Cadigan Lodge, 54 Governors Way, Topsham designed for anyone in the community grieving the death of a loved one. Pet Loss Support Group meets the 3rd Tuesday of the month from 3:30 – 5 pm at the Brunswick address designed for anyone in the community grieving terminal illness or death of a companion animal. Structured 7-week Adult Grief Support Group designed for those who wish to have a more structured approach to discussing their grief featuring specific topics and facilitation is provided with instructional readings. Substance Abuse Loss Support Group meets monthly and is designed for adults grieving death of a loved one by overdose or long-term abuse.

Chapter of Bereaved Parents of USA
Type: Child Loss Support Group
Contact: Triss Critchfield
Address: P.O. Box 8295 Portland, Maine 04104
Phone: 207-799-4183
E-Mail: SouthernmaineBPUSA@gmail.com, triss.critchfield@gmail.com
Website: www.bpsmaine.bpchapter.org
FB: SouthernMaineBPUSA@facebook.com

Enrollment: Self-Referral

Areas Served: Cumberland and York

Criteria: Open to the community.

Description: Open to anyone who is struggling with the death of a child.
Meetings: Held 2nd and 4th Wednesday every month, 6:30-8PM, Trinity Episcopal Church, 580 Forest Avenue, Portland.

**Center for Grieving Children**

Type: Individual and Group Grief Support

Contact: Rebecca Diggins, Assistant Director for Bereavement Services

Address: 555 Forest Ave Portland, Maine 04104

Phone: 207-775-5216

E-Mail: Rebecca@cgcmaine.org

Website: www.cgcmaine.org

Enrollment: Enrollment Process Required

Areas Served: Cumberland, York and parts of Androscoggin

Group Leader: Trained volunteers

Criteria: Self-Referral

Description: Bereavement groups for children, ages 3-18, their parents and young adults, ages 18-30. Peer support for families dealing with serious illness from point of diagnosis for children, ages 3-18, adult caregivers; and the person who is ill. Bereaved Parent Group for parents who have lost a child. Young Widow and Widowers Group for people who have lost a spouse/partner. Peer Support Group with Portland schools for children from war torn countries. Education and crisis support outreach to schools, camps, businesses, communities and organizations. Phone support is available during business hours.

Meetings: Scheduled interviews with Rebecca Diggins required before attending. Support group locations, dates and times available upon registration completion.

**Maine Medical Center (MMC)**

Type: Suicide Loss Support and Individual Bereavement Counseling

Contact: Sandra Horne, LCSW & Robert Myers, LCPC

Address: Department of Psychiatry 22 Bramhall Street Room 1, Portland, Maine 04102

Phone: 207-409-6976 or 207-409-6226

E-Mail: soslossgroup@gmail.com hornes@mmc.org

Enrollment: Open Enrollment

Areas Served: Greater Portland and beyond

Group Leader: Professionals and Peers

Criteria: Self-Referral

Description: Open and Ongoing Suicide Survivors Support Group.

Meetings: Held 2nd and 4th Monday of every month, 6-7:30 pm in Classroom #1 of MMC Dana Center. One on one grief support offered at no cost.

**Hospice of Southern Maine**

Type: Individual and Group Grief Support

Contact: Carol Schoneberg-Robinson

Address: 180 U.S. Route 1 Scarborough, Maine 04074

Phone: 207-289-3651 or 866-621-7600

E-Mail: schoneberg@hospiceofsouthernmaine.org

Website: www.hospiceofsouthernmaine.org

Enrollment: Register by phone or E-Mail with Carol Schoneberg-Robinson.

Areas Served: York and Cumberland
Group Leader: Professional staff, Master’s Level Interns

Criteria: Self-Referral of those 18 years old and older who experienced the death of a loved one.

Description: Bereavement support groups assist individuals who may be dealing with issues of sadness, grief, depression, anger, guilt or any other related feelings accompanying the death of a loved one. This is not a therapy group, but rather a support group where individuals can share their feelings and experiences in a caring and safe environment. Open to any person who experienced the loss of a loved one. Participants will have chance to share feelings and experiences of grief in a caring and safe environment with a skilled facilitator and surviving parents in the group. Individualized Bereavement Counseling is available at no cost to the recipient.

Meetings: Contact Carol Schoneberg-Robinson for dates, times, and locations.

(See Also H.O.P.E under Oxford County)

**FRANKLIN**

(See Androscoggin Home Care and Hospice in Androscoggin County)

**“Old South Church”**

Type: General Bereavement Support Group, Suicide Support for Adults and Children/Adolescents

Contact: Betsy Riley

Address: 227 Main Street
Farmington, Maine 04938

Phone: 207-645-2884 or 207-778-0424

Website: [www.farmingtonucc.org](http://www.farmingtonucc.org)

Enrollment: Everyone is welcome.

Areas Served: Franklin

Group Leader: Trained Staff and Volunteers

Criteria: Groups open to anyone dealing with the loss of a loved one, regardless of age or situation.

Description: Community Circle of Love; Bereavement support group for anyone who lost a loved one. Suicide support groups available for Adults and Children/Adolescents.

Meetings: Held every other Friday 1-3 pm at the Old South Church, 235 Main Street, Farmington.

**HANCOCK**

**Hospice of Hancock County**

Type: General Bereavement, Suicide Loss Support Group, Veteran Loss Group, Parent/Sibling Loss Support, Inmate Support Group

Contact: Janice Ronco, Bereavement Services Coordinator

Address: 14 McKenzie Avenue
Ellsworth, Maine 04605

Phone: 207-667-2531

E-Mail: mcgriff@hospiceofhancock.org

Enrollment: Application and Interview Process

Areas Served: Hancock

Group Leader: Trained Survivors.

Criteria: Self-Referral

Description: General Bereavement, Veteran Loss Support & Parent/Sibling Loss Support Groups and Suicide Survivor Support Group offered twice a year. A Graduate Support Group offered to those who complete two or more grief support groups. A newly organized group for those incarcerated and suffered a loss is beginning with our fall support listing.
Meetings: Offered throughout the year. Call for more information, group locations, dates and times.

KENNEBEC

Hospice Volunteers of Waterville
Type: Widow/Widower Support Group
Contact: Jillian Roy, Bereavement Coordinator
Address: 304 Main Street, P.O. Box 200
Waterville, Maine 04901
Phone: 207-873-3615 Extension: 19
E-Mail: hospiceinfo@hvwa.org
       jroy@hvwa.org
Website: www.hvwa.org
Enrollment: Please call ahead.
Areas Served: 27 communities in Waterville area
Group Leader: Trained Volunteers
Criteria: Self-Referral
Description: General Loss Group for those in the community who have lost a loved one.
Meetings: Held the 1st and 3rd Wednesday of every month from 6-7:30 pm. Call ahead for meeting locations as they may change.
Additional Information: There are other closed support groups. Please contact Jillian for more information.

Maine General Hospice
Type: General Loss Support, Family Grief Support, Survivors of Suicide Loss, Child Loss Support Group
Contact: Erika Johnston, Bereavement Coordinator
Address: 150 Dresden Avenue
Gardiner, Maine 04345
Phone: 207-626-1780
E-Mail: Erika.johnston@mainegeneral.org
Website: www.mainegeneral.org
Enrollment: Enrollment Process is required
Areas Served: Statewide
Group Leader: Facilitating Team
Criteria: Self-Referral
Description: All programs are free of charge and open to all Maine communities. Call for support group dates and times or general information.
Healing Hearts: A Family Grief Support Program (7-weeks, 4 times a year) for families with children ages 3-17 who are grieving the death of a loved one. Offers children and their caregivers a safe space to explore feelings and share memories through art, play and storytelling. Pre-registration and interview process required.
General Loss Support Group: This group runs for 6-week sessions multiple times a year for adults who experienced the death of a loved one. We provide a safe space to explore feelings of grief and loss in a supportive peer setting. Grief information and education are provided. Pre-registration and interview required.
Survivors of Suicide Loss: Runs for 6-weeks for family and friends of someone who died by suicide. This group offers a safe space to let out feelings of grief and loss in a supportive setting. Information specific to loss and grief resulting from suicide is provided. This group is held on an as needed basis.

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basis. Call to register or to schedule an interview.

Child Loss Support Group: Meetings scheduled on an as needed basis for adults who experienced the death of a child. This group provides a safe environment to work through feelings of grief and loss in a calm, supportive setting. Information and resources specific to child loss and grief are provided. Pre-registration and interview process required.

Meetings: Contact Erika Johnston for information, meeting availability, dates and times. (See Also H.O.P.E under Oxford County)

KNOX

Coastal Family Hospice Volunteers
Type: General Bereavement Support Group, Bereavement Correspondence

Contact: Carol des Lauriers Cieri, Hospice Coordinator
Address: 34 Old County Road Rockport, Maine 04856
Phone: 207-593-9355
E-Mail: coastalfamilyhospicevolunteers@gmail.com edeslauriersciere@penbayhealthcare.org
Website: www.coastalfamilyhospice.com

Enrollment: Registration required prior to attending.
Areas Served: Knox and Lincoln

Group Leader: Bereavement Coordinator, Volunteers and Licensed Counselors
Criteria: Self-Referral

Description: Contact our office if interested in attending a support group. Bereavement Correspondence provided to those who wish to receive support and resources by mail in the first 13 months following a death.

Meetings: A general bereavement support group 1st Wednesday of every month, 6-7:30PM in the Bartlett Woods Retirement Center library. Call Carol for group availability and meeting schedules.

LINCOLN

Miles & St. Andrews Home Health and Hospice
Type: General Bereavement Support Group

Contact: Connie Jones
Address: 40 Belvedere Road Damariscotta, Maine 04543
Phone: 207-563-4177
E-Mail: connie.jones2@lchcare.org
Web: www.mileshealthcare.org/HomeHealthHospice

Enrollment: Call for an initial interview.
Areas Served: Lincoln

Group Leader: Kirsten Skorpen, MSW
Criteria: Open to all members of the community dealing with an adult loss.

Description: A small support group available at no cost to participants and open to anyone who experienced a recent adult loss.

Meetings: Held every other Wednesday, 10-11:30AM. Call to register or for more information.
**OXFORD**

**SOS – Survivors of Suicide**
Type: Suicide Loss Support Group  
Contact: Christine Hensley  
Address: 348 South Hiram Road  
Hiram, Maine 04041  
Phone: 207-625-4352 or 207-625-3291  
E-Mail: christine257me@yahoo.com  
Enrollment: Open enrollment. Call for initial interview.  
Areas Served: Oxford and beyond  
Group Leader: Trained Peers and Professionals who have experienced the loss of a loved one to suicide.  
Criteria: Call ahead to register.  
Description: Suicide loss survivors helping peers face life after the loss of a loved one to suicide.  
Meetings: Groups meet at the Calvary Bible Church the 1st Tuesday of every month, 6:30-7:30PM.

**H.O.P.E.**  
Type: General Bereavement Support Group, Coping with a Serious Illness Support Group  
Contact: Kenneth Hamilton and Liz  
Address: P.O. Box 276, 52 High Street  
South Paris, Maine 04281  
Phone: 207-890-3673 or 207-743-7458  
Call Liz to register 727-420-2964  
E-Mail: kenhhope@hopehealing.org  
Website: www.hopehealing.org  
Enrollment: Drop in or call for more information and meetings locations.

Areas Served: Hallowell, South Paris and Portland  
Group Leader: Kenneth Hamilton, MD  
Criteria: Self-Referral  
Description: Groups support the bereaved and those coping with a serious illness, situation or condition.  
Meetings: General Bereavement Support Groups at:  
- Portland Recovery Community Center, 468 Forest Avenue, Portland, every Thursday, 5-7PM.  
- Irish Heritage Center; 34 Gray Street, Portland, Wednesdays, 5:30-7:30PM. Enter through rear door off Danforth Street.  
- Haskell House, 1st Congregational Church, 17 East Main Street, South Paris, Mondays, 4-6PM.  
- St. Matthews Episcopal Church, 20 Union Street, Hallowell, Wednesdays, 6:30-8:30PM. Parking off Academy Street.  
- Riverside Methodist Church, 5 School Street, Porter, Thursdays, 6-8PM. Side door entrance.  
(See Androscoggin Home Care and Hospice in Androscoggin County)

**PENOBSCOT**

**St. Joseph Homecare & Hospice**  
Type: Child Loss Support Group, Walk-in Bereavement Support Group  
Contact: Lynn Jones, Hospice Coordinator  
Address: St. Joseph Healthcare Park  
360 Broadway, Bangor, Maine 04401  
Phone: 207-262-1810  
Website: www.stjoeshealing.org
Enrollment: Open enrollment, walk-ins are welcome.
Areas Served: Greater Bangor (25 mile radius)
Group Leader: Grief Counselors
Criteria: Self-Referral
Description: The agency offers a free bereavement support program several times annually.
Meetings: Community Walk-In Bereavement Support Group is hosted at Brookings-Smith Funeral Home, 133 Center Street, Bangor, 2nd and 4th Wednesday of every month, 6-7:30PM.

**Pathfinders – Hospice of Eastern Maine**
Type: Expressive Art Loss Support Group for Children and their Families
Contact: Linda Boyle, Program Coordinator
Address: EM Healthcare Mall
885 Union Street, Suite 220
Bangor, Maine 04401
Phone: 207-973-8269 or 800-350-8269
E-Mail: lboyle@emh.org
Website: www.pathfindersmaine.org
Enrollment: Application process
Areas Served: Penobscot and surrounding counties
Group Leader: Various agency resources and volunteers trained through Hospice of Eastern Maine
Criteria: Self-Referral
Description: A support group for children, ages 4 to young adults, and their families dealing with the loss of a loved one. This group provides expressive art activities as a way to work through feelings of grief.
Meetings: Meetings run 10-week sessions twice a year; the fall session begins October 5th and continues every Monday evening from 6-7:30PM through December 7th. The spring group begins March 7th from 6-7:30PM and continues every Monday thereafter with the exception of school vacation week.

**New Hope Hospice, Inc.**
Type: General Bereavement Support
Contact: Christi MaQuillan, Director
Address: 1344 Main Road
Eddington, Maine 04428
Phone: 207-843-7521
E-Mail: newhope7521@aol.com
Website: www.newhopehospice.org
Enrollment: Open Enrollment
Areas Served: 35 mile radius of Bangor
Group Leader: Rodney St. Louis, Bereavement Coordinator
Criteria: Self-Referral
Description: A General Bereavement Support Group meets twice monthly.
Meetings: Held the 2nd and 4th Wednesday of every month at 6PM and hosted at the Brookings-Smith Family Center, 163 Center St., Bangor.

**Safe Place**
Type: Suicide Loss Survivors Support Group
Contact: Cathy Bennett
Address: Family Reception Center of Brookings-Smith
163 Center Street, Bangor.
facilitators in a safe and supportive environment. Participants are encouraged to attend all sessions. The "Lunch and Learn" events are open to all community members who have lost a loved one, whether recent or past. The meetings are held the second Tuesday of each month, September – May; open to anyone grieving the loss of a loved one, whether s/he has received Pine Tree Hospice services or not. This is not a traditional support group, however, the series offers facilitated discussion for sharing experiences and feelings, if desired. There is no fee for this series, but pre-registration is appreciated please call 564-4346 or send mail to wecare@pinetreehospice.org.

Adult Bereavement Support

The current program is focused for anyone who has experienced a loss. The group meets on the 2nd and 4th Wednesday of each month from 6:30 to 7:30 pm at the Pine Tree Hospice Office, 883 West Main Street, Dover-Foxcroft. There is no charge for this event, but pre-registration is encouraged. For more information please call Pine Tree Hospice (564-4346).

SAGADAHOC

(See CHANS Hospice and Volunteers: Center for Grief and Loss in Cumberland County)

SOMERSET

Hospice Volunteers of Somerset County

Type: Adult and Children Bereavement Support Groups, Bereavement Mailing Program, One on One Support for Adults and Children

Contact: Karen Champagne

Address: 41 Main Street
          Skowhegan, Maine 04976

Phone: 207-474-7775

E-Mail: Volunteer@hvosc.org

Website: www.hvosc.org
Enrollment: Drop-In

Areas Served: Somerset

Group Leader: Volunteer Services Coordinator

Criteria: Self-Referral, Crisis & Counseling, Schools, etc.

Description: Year-round drop-in grief support group offered. Based on needs, we form special support groups. Grief support groups offered to all ages, as well as support, a lending library, and additional needed services.

Meetings: Drop-in group held every Tuesday at 4PM

**WALDO**

**Hospice Volunteers of Waldo County**

Type: Individualized Peer Support

Contact: Flic Shooter, Bereavement Coordinator

Address: P.O. Box 772  Belfast, Maine 04915

Phone: 207-930-2677

E-Mail: hvowc1@gmail.com

Website: Hospicevolunteersofwaldocounty.org

Enrollment: Contact Flic Shooter

Areas Served: Waldo

Group Leader: Hospice Volunteers

Criteria: Self-Referral

Description: Individualized Peer Support

Meetings: Available by Appointment

**WASHINGTON**

**Down East Hospice Volunteers**

Type: Individual Bereavement Support, Bereavement Support Group

Contact: Don Green, Bereavement Coordinator

Address: Calais Regional Hospital
24 Hospital Lane
Calais, Maine 04619

Phone: 207-454-9204

E-Mail: downeasthospice@yahoo.com

Website: www.downeasthospicevolunteers.org

Enrollment: Pre-Registering is required.

Criteria: Available free of charge to anyone dealing with the loss of a loved one.

Description: One on one bereavement support available by appointment. Support groups run periodically and require registration.

Meetings: Call for details on the upcoming support group.

**YORK**

**The Hope Project**

Type: Child Bereavement Support

Contact: Nikki Hopewill

Phone: 207-475-7308

E-Mail: nikki@hopeprojectseacoast.org

Enrollment: Contact Nikki Hopewill to complete enrollment process.

Criteria: Program available to grieving children and their families, ages 5-18 years of age.

Description: The Hope Project offers a safe place for children to heal.
Meetings: Held Wednesday evenings, 6-7:30PM during the active school year. Call for more information and meeting locations.

York Hospital Hospice in Partnership with Merrimack Valley Hospice

Type: Grief Journey Support Group, General Bereavement Support Group, Child Bereavement Support

Contact: Shannon Tracy

Address: St. George’s Episcopal Church
407 York St, York 03909

Phone: 978-552-4510

E-Mail: jsharpe@homehealthfoundation.org

Web: www.homehealthfoundation.org/york-hospital-hospice

Enrollment: Pre-Registration is required

Areas Served: Southern Maine: York, Kittery, Wells, Ogunquit, Eliot, South Berwick, Berwick, and North Berwick

Group Leader: Trained Volunteers

Criteria: Self-Referral

Description: Meetings are free of charge and open to anyone grieving the loss of a loved one.

Meetings: Grief Journey is an open and ongoing support group offered Tuesday every month, 10:30-11:30AM. The General Bereavement Support Group meets in the fall, winter and spring for 10-week sessions. Contact the Bereavement Coordinator of York Hospital at 978-552-4510 for more information.

Southern Maine Suicide Bereavement Group

Type: Suicide Loss Survivors Support Group

Address: Whole Heart Therapies
8 Wilson Street
Berwick, ME 03901

Contact: Jennifer Ordway 207-319-3198
Tina Dodge

E-Mail: jenniferordway@gmail.com
Fajardo.tina@yahoo.com

Enrollment: Walk in

Areas Served: Southern Maine: York, Kittery, Wells, Ogunquit, Eliot, South Berwick, Berwick, and North Berwick

Group Leader: Fellow loss survivors

Criteria: Self-Referral

Description: Meetings are free of charge and open to anyone.

Meetings: Group meets continuously throughout the year. Meetings are held monthly on the 3rd Tuesday of the month from 6:30-8:00 pm.

New Hampshire: Children and Family Grief Services

Type: Individual, Family, Group, School Based or Community Grief Support and Consultations, Child Loss Support Group

Contact: Jan Arsenault

Address: Wentworth Douglas Hospital
839 Central Avenue
Dover, New Hampshire 03820

Phone: 603-740-2689
E-Mail: jan.arsenault@wdhospital.com
Website: www.wdhospital.com

Enrollment: Telephone Application
Areas Served: Greater Seacoast of New Hampshire and Southern Maine

Group Leader: Therapist and Co-facilitator

Criteria: Based on the Application
Description: Individual and family visits, groups; school-based or individual, community response, consultation and workshop presentations.

Meetings: Child Loss Support Group is a 6-week long support group in Augusta, offered as needed to parents who experienced the death of a child. Other Bereavement Services are available on an as needed basis. Contact Jan Arsenault for information and resources.

Other Resources
Grief Share: Visit [http://www.griefshare.org](http://www.griefshare.org) or call 800-395-5755 for current and future offerings for information on our 13-week faith based support group. Grief Share offered around the U.S. including regularly scheduled sessions in Maine.

Alliance of Hope for Suicide Survivors: Alliance of Hope is a non-profit support and online resource for those affected by the loss of a loved one to suicide. This site offers online community support and support from survivors around the world and a team of seasoned survivors and mental health professionals available around the clock to offer compassion, information and hope. To learn more or find support groups in your area visit [www.allianceofhope.org](http://www.allianceofhope.org) or call 847-868-3313.

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