

Grief Support Centers (listed by city)

Please note: The information on these centers is updated annually and may have changed. Please call to verify times and locations of the groups.

St. Joseph Homecare & Hospice

Contact: Reita Abbott, Administrative Director
Jane Folsom, Hospice Coordinator

Address: St. Joseph Healthcare Park
900 Broadway
Bangor, Maine 04401

Phone: 207-262-1810

Fax: 207-262-1928

E-Mail Address: None

Website Address: None

Drop-in/Enrollment: Drop-in

Areas served: Greater Bangor (25 mile radius)

Group leader: Grief counselor

Criteria: Self-referral

Description: There is a community bereavement support group hosted at Brookings-Smith Funeral Home, 133 Center St., Bangor on the 2nd & 4th Wednesdays of the month from 6:00 p.m. – 7:30 p.m. The agency offers 10 week grief support programs several times annually at no charge. Please contact the agency for further information.

Parents Who Have Lost Children

Contact: Judy Tredwell

Address: Brooking Smith Family Center
133 Center St.
Bangor, ME 04401

Phone: 207-326-9369

Fax: 207-326-8800

E-Mail Address: jbtedwell@myfairpoint.net

Website Address: None

Drop-in/Enrollment: Drop in

Areas Served: Greater Bangor area

Group leader: Unknown

Criteria: Self-referral

Description: Ongoing month meeting, every 3rd Wednesday each month, 6:00 p.m. to 7:30 p.m., open to the public, offers support for parents or caregivers who have lost children.

Pathfinders – Hospice of Eastern Maine

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

Fax: 207-973-6557

E-Mail Address: lboyle@emh.org

Website Address: www.pathfindersmaine.org

Drop-in/Enrollment: Application process

Areas served: Penobscot & surrounding counties

Group leader: Various agency resources trained volunteers through Hospice of Eastern Maine.

Criteria: Self-referral

Description: This is a support group that meets for 10-weeks in 2 sessions: spring & fall, for children & teens (3-18) and families.

Grief Support Centers (listed by city)

Hospice Volunteers of Waldo County

Contact: Connie Weitowitz
Flic Shooter, Bereavement Coordinator

Address: PO Box 772
Belfast, Maine 04915

Phone: 207-930-2677

Fax: None

E-Mail Address: hospice@wcgh.org

Website Address: None

Drop-in/Enrollment: Application process

Areas served: Waldo County

Group leader: 30-hour hospice volunteers training

Criteria: Self-referral

Description: They have hosted suicide survivor support groups in the past and they may in the future if the need is there. But they mostly host a general bereavement support group that is held for 8-weeks twice a year in the spring and fall. A library with borrowing materials has also been added.

CHANS Hospice & Volunteers: Center for Grief & Loss

Contact: Grief Support & Bereavement Coordinator

Address: 45 Baribeau Drive
Brunswick, Maine 04011

Phone: 207-729-6782 x 1357

Fax: 207-729-2721

E-Mail Address: kpilibosian@midcoasthealth.com

Website Address: <www.hospicevolunteers.org>; <CHANShomehealthcare.com>

Drop-in/Enrollment: All programs have an intake process; please call for further information.

Areas served: Parts of Androscoggin, Cumberland, Lincoln Sagadahoc counties

Group leader: Licensed staff & trained volunteers

Criteria: Self-Referral

Description: Programs are open to community members and an initial interview is required. NO charge for group attendance. Please call for further information.

Areas served: Sagadahoc, Cumberland and parts of Androscoggin and Lincoln Counties Criteria: Self-Referral **They offer year round grieving children's, anticipatory grief and grieving parent's programs, in addition to suicide loss support, and structured grief support.

Down East Hospice

Contact: June Archer-Gillespie

Address: 24 Hospital Lane
Calais, Maine 04619

Phone: 207-454-9204

Fax: 207-454-3616

E-Mail Address: downeathospice@yahoo.com

Website Address: None

Drop-in/Enrollment: Please call first

Areas served: Washington County

Group leader: Trained Volunteers

Criteria: Self-referral

Description: Offers one-on-one general grief counseling. A 6-week grief support program will be offered in the Calais area starting in the Fall.

Grief Support Centers (listed by city)

Miles Home Health and Hospice

Contact: Daphne Stern

Address: 40 Belvedere Road
Damariscotta, Maine 04543

Phone: 207-563-4592 (voice mail 563-4182)

Fax: 207-563-8652

E-Mail Address: None

Website Address: None

Drop-in/Enrollment: Call first, initial interview to ascertain need – possible referral

Areas served: Lincoln County

Group leader: 1 facilitator – Daphne Stern

Criteria: Recent adult loss – limited participation, small group

Description: Every other Wednesday from 10 a.m. to 12:00 p.m.

Pine Tree Hospice

Contact: Jane Stitham, Executive Director

Address: 883 West Main Street
Dover-Foxcroft, Maine 04426

Phone: 207-564-4346

Fax: 207-564-4400

E-Mail Address: wecare@pinetreehospice.org

Website Address: www.pinetreehospice.org

Facebook page: www.facebook.com/PineTreeHospice

Drop-in/Enrollment: Drop-in.

Areas served: Piscataquis County and portions of Somerset & Penobscot counties

Group leader: Trained volunteers

Criteria: Self-referral, Social Worker, Medical Professionals and Spiritual Leaders.

Description: A group meets for bereavement support the 1st and 3rd Thursday of the month, from 6:30 p.m. – 7:30 p.m. at Mayo Regional Hospital, Basket House, 883 West Main St, 1st floor (call Pine Tree Hospice at 564-4346).

Pete's Place, A Center for Grieving Children & Families

Contact: Jan Arsenault, Program Manager

Address: Wentworth Douglas Hospital
30 St. Thomas St., Suite 240
Dover, NH 03820

Phone: 603-740-2689

Fax: 603-742-7210

E-Mail Address: scja@wdhospital.com

Website Address: <http://www.wdhospital.com/body.cfm?id=181>

Drop-in/Enrollment: Telephone application

Areas Served: Greater Seacoast of New Hampshire & Southern Maine

Group leader: Therapist and co-facilitator

Criteria: Depends on the application

Description: Services provided include individuals and family visits, consultation, education and occasional groups. School-based groups are offered during the school year. Services support the bereaved, as well as those coping with a serious illness. Services are provided to children, adolescents and their families.

Grief Support Centers (listed by city)

Hospice of Hancock County

Contact: Mary-Carol Griffin, Bereavement Services Coordinator

Address: 14 McKenzie Avenue
Ellsworth, Maine 04605

Phone: 207-667-2531

Fax: 207-667-9406

E-Mail Address: mcgriff@hospiceofhancock.org

Website Address: None

Drop-in/Enrollment: Application & Interview process

Areas served: Hancock County

Group leader: Survivors that have been trained

Criteria: Self-referral

Description: A suicide survivor support group is advertised in the spring and fall of the year.

Seacoast Hospice

Contact: Deb Proulx

Address: 10 Hampton Road
Exeter, NH 03833

Phone: 603-778-7391 or 800-416-9207

Fax: 603-772-7692

E-Mail Address: dproulx@seacoasthospice.org

Website Address: www.seacoasthospice.org

Drop-in/Enrollment: Enrollment process

Areas served: Rockingham, Strafford & Carroll County in New Hampshire and Southern York County in Maine.

Group leader: Trained volunteers

Criteria: Self-referral

Description: There are general, specific-loss and suicide support groups that meet for six sessions in various community locations. We offer a children's (age: 4 to 18) support group called **Bridges** that meets in the spring and fall (Meredith Plimpton, 800-416-9207 or mplimpton@seacoasthospice.org). There are no fees for these services. A complete schedule of all groups can be found on our website.

Northern Maine Medical Center

Contact: Ethel Jalbert RN

Address: PO Box 343, Fort Kent, Maine 04743

Phone: 207-834-5790

E-Mail Address: suicidelos@roadrunner.com or ejalbert1@roadrunner.com

Website Address: None

Drop-in/Enrollment: Drop in

Areas served: Northern Aroostook County--Open to all suicide loss survivors who want to attend

Group leader: Ethel Jalbert RN

Criteria: For all adults who have been left behind by the loss of a Family Member or Friend by Suicide. No referral required and the loss does not have to be recent. The grieving affects those left behind long after the event. All survivors may find healing in this setting or help heal another by the sharing of their loss and journey.

Description: We meet at the Wellness Center next to Subway. We meet every other Thursday. Always the 3rd Thursday of the month and either the 1st or 2nd Thursday, depending on how the prior month ends. The group is small and welcoming. It is based on the premise that people can help each other if they are given a safe place to share their experience, and to give and receive support from one another. Education is done on an informal basis. Resources (Handouts and booklets) are made available to attendees at no charge. Refreshments are served.

Grief Support Centers (listed by city)

HealthReach Hospice & Volunteers of Kennebec Valley

Contact: Blythe Edwards, Bereavement Coordinator

Address: 150 Dresden Avenue
Gardiner, Maine 04345

Phone: 207-626-1780

Fax: 207-582-6819

E-Mail Address: blithe.edwards@mainegeneral.org

Website Address: www.hospicevolunteerskennebec.org

Drop-in/Enrollment: Enrollment process

Areas served: Southern Kennebec County, but anyone in the county may attend

Group leader: Facilitating team

Criteria: Self-referral

Description:

Grieving Children & Teen Program (ongoing) – This weekly group is available to children & teens ages 3 to 18, and is based upon the model used by the highly acclaimed Center for Grieving Children in Portland, ME. Children & teens are placed in age appropriate groups where they participate in activities designed to help them express & cope with their grief.

General Loss Support Group (six weeks) – This time-limited group which begins at seasonal intervals throughout the year is open to anyone who has experienced the death of a loved one. The group takes participants through a process which offers those attending a chance to tell their story & to learn how to cope in the face of loss, as well as providing education about grief. Meetings are held in either Gardiner or Augusta depending upon the session.

Empty Arms (ongoing monthly meetings) – This group, which is held in Augusta, is offered to parents who have experienced miscarriage, stillbirth or infant death.

Survivors of Suicide (six weeks) – This group is offered yearly in the spring for family & friends of someone who died by suicide. Information specific to loss & grief after a suicide is provided.

Child Loss Support Group (six weeks) – This group, held in Augusta, is offered in the fall to parents who have experienced the death of a child at any age.

New Hope Hospice, Inc.

Contact: Patricia Eye or Nancy Burgess, Co-Directors

Address: PO Box 757, (1344 Main Rd, Eddington, ME)
Holden, Maine 04429

Phone: 207-843-7521

Fax: 207-843-6645

E-Mail Address: newhope7521@aol.com

Website Address: www.newhopehospice.org

Drop-in/Enrollment: Drop-in

Areas served: 35 mile radius around Bangor

Group leader: Rodney St. Louis, LCSW

Criteria: Self-referral

Description: They have a general bereavement support group that meets the 2nd & 4th Wednesday of each month at 6:00 p.m. at Brookings Smith Family Center in Bangor.

Grief Support Centers (listed by city)

Androscoggin HomeCare & Hospice

Contact: Jim Douglas

Address: PO Box 819

Lewiston, Maine 04240-0819

Phone: 207-777-7740 or 800-482-7412

Fax: 207-795-9540

E-Mail Address: jim.douglas@ahch.org

Website Address: www.ahch.org

Drop-in/Enrollment: Drop-in and/or application

Areas served: Androscoggin, Oxford, Franklin and northern Cumberland Counties

Group leader: Professional staff and trained volunteers

Criteria: Self-referral, some restrictions according to group

Description: There is an 8 to 10 week-long program for children and teens and their parents offered three times a year in 3 locations, monthly drop-in meetings at several locations and adult grief support groups 3 times a year in 3 locations. There is also a bereavement after suicide support group that meets 2 times a year in Lewiston.

Beacon Hospice

Contact: Heather Thompson

Address: 54 Atlantic Place

South Portland, Maine 04106

Phone: 207-772-0929 or 800-840-0668

Fax: 207-772-7779

E-Mail Address: hthompson@beaconhospice.com

Website Address: www.beaconhospice.com

Enrollment: Must register first

Areas served: Varies from site to site

Group leader: Varies from site to site

Criteria: Self-referral

Description: Beacon Hospice has sites at York, Lewiston, Portland, Augusta & Bangor. We offer support groups, one-on-one counseling and in-services to the community at no cost, in a number of locations, times and various forms (i.e. parent loss, widow/widower, pet loss, general, elder loss, etc.) Please call for more information.

(The) Center for Grieving Children

Contact: **Patricia Ellen, Outreach Director**

Susan Giambalvo, Program Director

Anne Lynch, Executive Director

Address: PO Box 1438

Portland, Maine 04104

Phone: 207-775-5216

Fax: 207-773-7417

E-Mail Address: patricia@cgcmaine.org

Website Address: www.cgcmaine.org

Drop-in/Enrollment: Enrollment process

Areas Served: Cumberland and York Counties, and parts of Androscoggin, Rockland

Group leader: Trained volunteers

Criteria: Self-referral

Description: GROUPS: Bereavement groups for children (3-18), their parents and young adults (18-30); offer peer support for families dealing with a serious illness from the point of diagnosis – for children (3-18), young adults (18-30), adult caregivers; the person who is ill, Bereaved Parent group for parents who have lost a child of any age, Young Widow and Widower's Group for people who experienced the loss of a spouse or partner. Peer support groups in collaboration with Portland schools for children from war torn countries.

EDUCATION & CRISIS RESPONSE: Education and crisis support outreach to schools, camps, businesses, communities and organizations.

PHONE SUPPORT: Offered during regular business hours.

Grief Support Centers (listed by city)

Maine Medical Center

Contact: Connie Korda

Address: Dept of Patient & Family Services
22 Bramhall Street
Portland, Maine 04102

Phone: 207-662-4226

Fax: None

E-Mail Address: None

Website Address: None

Drop-in/Enrollment: Both

Areas served: Greater Portland & beyond

Group leader: LCPC

Criteria: Self-referral

Description: There is a suicide survivor's support group that meets the 2nd and 4th Monday of every month at 7:00 p.m. at the Dana Center, Classroom #1.

Coastal Family Hospice Volunteers

Contact: Sharon Spaulding, Bereavement Coordinator

Address: 34 Old County Rd.
Rockport, Maine 04856

Phone: 207-593-9355

Fax: None

E-Mail Address: sspaulding@penbayhealthcare.org

Website Address: None

Drop-in/Enrollment: None

Areas served: Knox and Lincoln County

Group leader: Bereavement Coordinator & volunteers

Criteria: Self-referral

Description: We currently offer two drop-in groups – the 1st and 3rd Wednesdays at Bartlett Woods, off Talbot Avenue, Rockland which meets in the third floor library and the 2nd and 4th Fridays at the Coastal Family Hospice Offices at 34 Old County Road in Rockport. People who are interested in attending should contact our office.

Hospice of Southern Maine

Contact: Carol Schoneberg

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

Phone: 207-289-3640 or 866-621-7600

Fax: 207-883-1040

E-Mail Address: cschoneberg@hospiceofsouthernmaine.org

Website Address: None

Drop-in/Enrollment: Register by phone or e-mail, followed by completion of bereavement questionnaire

Areas Served: York & Cumberland County

Group leader: Professional staff & trained volunteer facilitators

Criteria: Self-referral of those 18+ years old who have experienced the death of a loved one

Description: They offer general bereavement support groups (closed) that meet weekly for 8-week sessions. Groups offered 4-5 times/year. Also provide one-on-one bereavement support in the home for a limited period of time.

Grief Support Centers (listed by city)

Hospice Volunteers of Somerset County

Contact: Michelle Fisher, Executive Director
Pat Miner, Bereavement Coordinator

Address: PO Box 3069
Skowhegan, Maine 04976

Phone: 207-474-7775

Fax: 207-474-7773

E-Mail Address: brcor.hvsc@beeline-online.net

Website Address: www.hvosc.net

Drop-in/Enrollment: Drop in & enrollment process

Areas Served: Somerset County

Group leader: Bereavement Coordinator

Criteria: Self-referral, crisis counseling, schools, etc

Description: They offer a general adult bereavement support group that meets throughout the year, and children's bereavement support groups that meet for eight weeks, twice a year. They also do one-on-one support, a bereavement mailing program, and a lending library.

H.O.P.E.

Contact: **Kenneth Hamilton**

Address: PO Box 276
South Paris, Maine 04281

Phone: 207-743-7458

Fax: None

E-Mail Address: kenhhope@hopehealing.org

Website Address: www.hopehealing.org

Drop-in/Enrollment: Drop-in, call to find out where the meetings are

Areas served: Hallowell, South Paris, Portland

Group leader: Kenneth Hamilton, MD

Criteria: Self-referral

Description: Group services support the bereaved, as well as those coping with a serious situation or condition. Group motto is: Finding healing attitudes during difficult times.

Hospice Volunteers of Waterville

Contact: Dale Marie Clark

Address: 304 Main Street, PO Box 200
Waterville, Maine 04901

Phone: 207-873-3615

Fax: 207-873-5094

E-Mail Address: dmclark@hvwa.org

Website Address: www.hvwa.org

Drop-in/Enrollment: Application Process

Areas served: 27 communities around Waterville

Group leader: Trained volunteers

Criteria: Self-referral

Description: Several bereavement groups for adults including a specialized group for survivors of suicide (as needed); Hope's Place is a program for grieving children and teens. Camp Ray of Hope is a program for grieving families and individuals who are residents anywhere in Maine which takes place the 3rd weekend of September, at Camp Mechuwana on "The Narrows", in Winthrop, Maine.

Grief Support Centers (listed by city)

Hospice of York

Contact: Dee Bickmore

Address: 15 Hospital Drive
York, Maine 03909

Phone: 207-363-7000

Fax: 207-351-2126

E-Mail Address: dbickmore@yorkhospital.com

Website Address: www.hospiceofyork.com

Drop-in/Enrollment: Application process

Areas served: Southern Maine: York, Kittery, Wells, Ogunquit, Eliot, South Berwick, Berwick & North Berwick

Group leader: Trained volunteers

Criteria: Self-referral

Description: There is a general bereavement support group that meets in the fall/winter/spring, which lasts 10 weeks.

Updated June 15, 2011



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner