

Grief Support Centers

7/21/11

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

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 Street., 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. Contact the agency for further information.

Parents Who Have Lost Children

Contact: Judy Tredwell

Address: Brooking Smith Family Center
133 Center Street
Bangor, Maine 04401

Phone: 207-326-9369

E-Mail Address: jbtredwell@myfairpoint.net

Drop-in/Enrollment: Drop in

Areas Served: Greater Bangor area

Group leader: Unknown

Criteria: Self-referral

Description: Ongoing monthly meeting, every 3rd Wednesday, 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

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 support group meets for 10-weeks in two sessions: spring & fall, for children & teens (ages 3-18) and families.

Hospice Volunteers of Waldo County

Contact: Connie Weitowitz, Director
Flic Shooter, Bereavement Coordinator

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

Phone: 207-930-2677

E-Mail Address: hospice@wchg.org

Drop-in/Enrollment: Call Flic Shooter

Areas served: Waldo County

Group leader: 30-hour hospice volunteers training

Criteria: Self-referral

Description: Suicide survivor support group held once a year, more if needed. General bereavement support group held 8-weeks twice a year in spring and fall. A library with borrowing materials, free to the public.

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

E-Mail Address: kpilibosian@midcoasthealth.com

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

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

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

Group leader: Licensed staff & trained volunteers

Criteria: Self-Referral

Description: Programs open to community members. Initial interview is required. No charge for group attendance. 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

E-Mail Address: downeasthospice@yahoo.com

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.

Miles & St. Andrews Home Health and Hospice

Contact: Daphne Stern

Address: 40 Belvedere Road
Damariscotta, Maine 04543

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

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

Areas served: Lincoln County

Group leader: Facilitator – Daphne Stern

Criteria: Recent adult loss – limited participation, small group

Description: Every other Wednesday 10 a.m.-Noon.

Pine Tree Hospice

Contact: Jane Stitham, Executive Director

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

Phone: 207-564-4346

E-Mail Address: wecare@pinetreehospice.org

Website Address: www.pinetreehospice.org

Facebook page: www.facebook.com/EvergreenPTH

Drop-in/Enrollment: Sign up

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: Adult bereavement support is through a series of once-a-month workshops delivered in blocks of three workshops per season. Open to widows, widowers, or anyone who has lost a life-partner.

Children's bereavement support is held the 2nd & 4th Wednesdays, 7:00 p.m.-8:00 p.m. While the children meet in age-appropriate groups, their parents or guardians also have an opportunity to meet together in a support group. These meetings are held at Mayo Regional Hospital, Basket House, 883 West Main St, 1st floor (call Pine Tree Hospice at 564-4346).

New Hope Hospice, Inc.

Contact: Patricia Eye, Director
Address: P.O. Box 770 (1344 Main Road)
Eddington, Maine 04428

Phone: 207-843-7521

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: General bereavement support group that meets the 2nd & 4th Wednesday each month at 6:00 p.m at Brookings Smith Family Center, Center Street, Bangor.

Hospice of Hancock County

Contact: Mary-Carol Griffin, Bereavement Services Coordinator

Address: 14 McKenzie Avenue
Ellsworth, Maine 04605

Phone: 207-667-2531

E-Mail Address: mcgriff@hospiceofhancock.org

Drop-in/Enrollment: Application and interview process

Areas served: Hancock County

Group leader: Trained survivors

Criteria: Self-referral

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

Northern Maine Medical Center

Contact: Ethel Jalbert RN

Address: PO Box 343
Fort Kent, Maine 04743

Phone: 207-834-5790

E-Mail Address: suicideloss@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 adults left behind by the loss of a family member or friend by suicide. No referral required. The loss does not have to be recent.

Description: We meet at the Wellness Center next to Subway in Fort Kent. Meetings are the 1st Thursday of the month 6:30 p.m. to 8:00 p.m. Handouts and booklets are available to attendees at no charge. Refreshments are served.

[HealthReach Hospice & Volunteers of Kennebec Valley](#)

Contact: Blythe Edwards, Bereavement Coordinator
Address: 150 Dresden Avenue
Gardiner, Maine 04345

Phone: 207-626-1780

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

Website Address: www.mainegeneral.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: *Healing Hearts: A Family Grief Support Program* (8 weeks). Three sessions annually, available to children & teens ages 3 to 18. The groups are based upon the model used by the highly acclaimed Center for Grieving Children in Portland.

General Loss Support Group (six weeks). Time-limited group begins at seasonal intervals throughout year. Is open to anyone who has experienced the death of a loved one. Meetings held in either Gardiner or Augusta depending upon the session.

Empty Arms (ongoing monthly meetings). Held in Augusta, this group is offered to parents who have experienced miscarriage, stillbirth or infant death. The group is offered on an as-needed basis.

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 and 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.

[Androscoggin HomeCare & Hospice](#)

Contact: Jim Douglas

Address: 15 Strawberry Avenue
Lewiston, Maine 04240-0819

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

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 a 10-week-long program for children and teens and their parents offered three times a year in two locations, monthly drop-in meetings at several locations and adult grief support groups three times a year in five locations. There is

a bereavement after suicide support group offered twice a year in Lewiston.

[The Center for Grieving Children](#)

Contact: Patricia Ellen, Outreach Director
Susan Giambalvo, Program Director
Anne Lynch, Executive Director

Address: P.O. Box 1438
Portland, Maine 04104

Phone: 207-775-5216

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: Bereavement groups for children (ages 3-18), parents and young adults (ages 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.

TRAININGS: Training for professionals in a spring and fall institute and custom designed trainings and consultations in grief issues and in creating support groups and Centers in other communities.

PHONE SUPPORT: Offered during regular business hours.

[Maine Medical Center](#)

Contact: Sandra Horne, LCSW
Robert Myers, LCPC

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

Phone: 207-662-7323
207-409-6226

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

Areas served: Southern Maine

Group leader: Professional/Peer

Criteria: Self-referral

Description: Survivors of Suicide of Family Members /Friends support group meets the 2nd and 4th Monday of every month at 7:00 p.m.-8:30 p.m. at the Dana Center, Classroom #1.

Coastal Family Hospice Volunteers

Contact: Sharon Spaulding, Bereavement Coordinator
Address: 34 Old County Road
Rockport, Maine 04856
Phone: 207-593-9355
E-Mail Address: sspaulding@penbayhealthcare.org
Drop-in/Enrollment: None
Areas served: Knox and Lincoln County
Group leader: Bereavement Coordinator & volunteers
Criteria: Self-referral
Description: Offer two drop-in groups –the 2nd and 4th Fridays at the Coastal Family Hospice Offices at 34 Old County Road in Rockport. People interested in attending should contact our office.

Hospice of Southern Maine

Contact: Carol Schoneberg
Address: 180 U.S. Route 1
Scarborough, Maine 04074
Phone: 207-289-3640 or 866-621-7600
E-Mail Address: cschoneberg@hospiceofsouthernmaine.org
Website Address: www.hospiceofsouthernmaine.org
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 experienced the death of a loved one
Description: General bereavement support groups (closed) that meet weekly for 8-week sessions. Groups offered 8-10 times a year. One-on-one bereavement support for a limited period of time provided.

Hospice Volunteers of Somerset County

Contact: Michelle Fisher, Executive Director
Pat Miner, Bereavement Coordinator
Address: P.O. Box 3069
Skowhegan, Maine 04976
Phone: 207-474-7775
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: 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 lending library.

H.O.P.E.

Contact: Kenneth Hamilton
Address: PO Box 276
South Paris, Maine 04281
Phone: 207-890-3673
E-Mail Address: kennhope@hopehealing.org
Website Address: www.hopehealing.org
Drop-in/Enrollment: Drop-in, call to locate meetings
Areas served: Hallowell, South Paris, Portland
Group leader: Kenneth Hamilton, MD
Criteria: Self-referral
Description: Group services support the bereaved, and those coping with a serious situation or condition.

Beacon Hospice

Contact: Heather Thompson
Address: 54 Atlantic Place
South Portland, Maine 04106
Phone: 207-772-0929 or 800-840-0668
E-Mail Address: hthompson@beaconhospice.com
Website Address: www.beaconhospice.com
Blog: www.harborsofhope.blogspot.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.)

Hospice Volunteers of Waterville

Contact: Susan Roy
Address: 304 Main Street, P.O. Box 200
Waterville, Maine 04901
Phone: 207-873-3615
E-Mail Address: sroy@hvwa.org
Website Address: www.hvwa.org
Drop-in/Enrollment: Application Process
Areas served: 27 Waterville area communities
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 living anywhere in Maine. Takes place the 3rd weekend of September, at Camp Mechuwana on "The Narrows" in Winthrop, Maine.

Hospice of York

Contact: Nikki Hopewell

Address: 15 Hospital Drive
York, Maine 03909

Phone: 207-475-7308

E-Mail Address: nhopewill@yorkhospital.com

Website Address: www.hospiceofyork.com

Drop-in/Enrollment: Application process

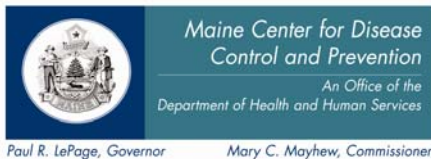
Areas served: Southern Maine: York, Kittery, Wells, Ogunquit, Eliot, South Berwick, Berwick & North Berwick

Group leader: Trained volunteers

Criteria: Self-referral

Description: General bereavement support group meets in the fall/winter/spring and lasts 10 weeks.

Please note: Centers' information is updated annually and may have changed. Please call the agency to verify times and locations of the groups.



NEW HAMPSHIRE

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

Contact: Jan Arsenault, Program Manager

Address: Wentworth Douglas Hospital
789 Central Avenue

Dover, New Hampshire 03820

Phone: 603-740-2689

E-Mail Address: scja@wdhospital.com

Website Address: www.wdhospital.com/body

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 include individuals and family visits, consultation, education and occasional groups. School-based groups offered during the school year. Services support the bereaved, and those coping with a serious illness. Services provided to children, adolescents and their families. Consultation services and training/education regarding grief & loss is available to the community & area professionals.

Seacoast Hospice

Contact: Deb Proulx, LICSW & Bereavement Coordinator

Address: 10 Hampton Road
Exeter, New Hampshire 03833

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

E-Mail Address: dproulx@seacoasthospice.org

Website Address: www.seacoasthospice.org

Drop-in/Enrollment: Enrollment process

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

Group leader: 2 per group, the bereavement coordinator and a trained volunteer with the like loss for that specific group.

Criteria: Self-referral

Description: There are general, specific-loss Grief Groups and Healing after Suicide support groups that meet for eight sessions in various community locations. The Motherless Daughter group is a one day, 6-hour group. There are no fees for these Grief Groups. A complete schedule of all groups is on our website.