

# 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:** 207-795-9468 or 1-800-482-7412

**E-Mail:** [bereavement@ahch.org](mailto:bereavement@ahch.org)  
[amy.dulac@ahch.org](mailto:amy.dulac@ahch.org)

**Website:** [www.ahch.org](http://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. Will begin at several locations in September 2015. *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 2<sup>nd</sup> and 4<sup>th</sup> 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 or Leanne

**Address:** Central Maine Medical Center  
300 Main Street, Conference Rm. D  
Lewiston, Maine 04240

**Phone:** 207-400-0093 (Tammy Brule)  
207-212-9528 (Leanne)

**E-Mail:** [babyalligatortears@yahoo.com](mailto:babyalligatortears@yahoo.com)

**Website:** [www.babyalligatortears.com](http://www.babyalligatortears.com)

**Enrollment:** Call Tammy/Leanne 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 3<sup>rd</sup> Wednesday every month. Call Tammy or Leanne 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](mailto:compassionatefriendslewiston@yahoo.com)

**Website:** [www.compassionatefriends.org](http://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 2<sup>nd</sup> Wednesday every month, 6-8PM at D'Youville Pavilion.

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## St. Mary's Regional Medical Center

**Type:** General Bereavement Support

**Contact:** Sister Suzanne

**Address:** 100 Campus Avenue  
Campus Cuisine  
Lewiston, Maine 04240

**Phone:** 207-777-8520

**Website:** [www.stmarysmaine.org](http://www.stmarysmaine.org)

**Enrollment:** Drop-Ins welcome, calling ahead to sign up for meetings is preferred.

**Areas Served:** Androscoggin County

**Group Leader:** Sister Suzanne

**Criteria:** Open to the community.

**Description:** Open to anyone dealing with the loss of a loved one.

**Meetings:** Held 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of every month, 6-7:30PM.

## AROOSTOOK

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### 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](mailto:ethel.jalbert@yahoo.com)

**Website:** [www.nmmc.org](http://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 1<sup>st</sup> Thursday every month, Northern Maine Medical Center Library, 6:30-8PM.

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## 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](mailto:chelewilliefitz@gmail.com)

**Website:** [www.compassionatefriends.org](http://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 2<sup>nd</sup> Wednesday every month, 6:30-7:30PM, Houlton Regional Hospital.

## CUMBERLAND

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### CHANS Hospice and Volunteers: Center for Grief and Loss

**Type:** Suicide 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](mailto:asokoloff@midcoasthealth.com)

**Website:** [www.hospicevolunteers.org](http://www.hospicevolunteers.org)  
[www.CHANShomehealthcare.com](http://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:** The *Suicide Loss Support Group* is the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday every month, 6:30-8:00PM, 45 Baribeau Drive, Brunswick. The *Overdose/Long Term Substance Use Support Group*, offered to loved ones suffering from a loss, is the 2<sup>nd</sup> and 4<sup>th</sup> Thursday every month, 3:30-5:00PM, 45 Baribeau Drive, Brunswick. The *Adult Grief Support Group* offers two different times, one every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday every month, 6:30-8PM and the other held the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday every month. Contact Andy with questions.

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### 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](mailto:SouthernmaineBPUSA@gmail.com)  
[triss.critchfield@gmail.com](mailto:triss.critchfield@gmail.com)

**Website:** [www.bpsmaine.bpchapter.org](http://www.bpsmaine.bpchapter.org)

**FB:** [SouthernMaineBPUSA@facebook.com](https://www.facebook.com/SouthernMaineBPUSA)

**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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday every month, 6:30-8PM, Trinity Episcopal Church, 580 Forest Avenue, Portland.

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### (The) Center for Grieving Children

**Type:** Individual and Group Grief Support

**Contact:** Sandy Lovell, Outreach Director

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

**Phone:** 207-775-5216 Extension: 107

**E-Mail:** [sandy@cgcmaine.org](mailto:sandy@cgcmaine.org)

**Website:** [www.cgcmaine.org](http://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 Sandy Lovell required before attending. Support group locations, dates and times available upon registration completion.

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### 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  
Portland, Maine 04102

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

**E-Mail:** [soslossgroup@gmail.com](mailto:soslossgroup@gmail.com)  
[hornes@mmc.org](mailto: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 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month, 7PM in Classroom #1 of MMC Dana Center. One on one grief support offered at no cost.

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### 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:** [cschoneberg@hospiceofsouthernmaine.org](mailto:cschoneberg@hospiceofsouthernmaine.org)

**Website:** [www.hospiceofsouthernmaine.org](http://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:** A child loss bereavement support group offered during the day or evening and assists parents dealing with feelings of sadness, grief, depression, anger, regret and related feelings accompanying the death of a child. Open to any parent who experienced the loss of a child over age 18. 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)

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### Parkview Adventist Medical Center

**Type:** Faith-based Individual & Group Support

**Contact:** Collette Pekar

**Address:** 329 Main Street  
Brunswick, Maine 04111

**Phone:** 207-373-2000

**E-Mail:** [cpekar@gmail.com](mailto:cpekar@gmail.com)

**Website:** [www.parkviewAMC.org](http://www.parkviewAMC.org)

**Enrollment:** Pre-Enrollment is required.

**Areas Served:** Cumberland

**Group Leader:** Trained Staff and Volunteers

**Criteria:** Support for people at least a few months into their loss.

**Description:** We operate from a faith-based perspective, but will meet the needs of the group. Prayer, Bible readings and other inspirational passages members may bring to the group.

**Meetings:** 7-week sessions, run weekly, twice a year in fall and spring. Call for group availability and times.

Individualized Grief Support available at Chaplain's Office. Call to schedule date and time 207-373-2251.

(See H.O.P.E under Oxford County and Androscoggin Health Care and Hospice in Androscoggin County)

## FRANKLIN

(See Androscoggin Home Care and Hospice in Androscoggin County)

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### "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 Wednesday 2:30-4PM at the Old South Church, 235 Main Street, Farmington.

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### Survivors of Suicide Loss

**Type:** Suicide Survivors Support Group

**Contact:** Angela Godbout

**Address:** Ben Franklin Center at Franklin Memorial Hospital  
111 Franklin Health Commons  
Farmington, ME 04938

**Phone:** 207-446-0609

**Enrollment:** Everyone is welcome.

**Areas Served:** Franklin

**Group Leader:** Peer Facilitated

**Criteria:** Self-Referral

**Description:** Survivors of Suicide Loss is a peer facilitated grief support group for anyone who has lost someone close to them by suicide. The group is ongoing, open to anyone who has had a loss, and is offered without charge to participants.

**Meetings:** Second and Fourth Monday of the Month @ 6:30pm

## HANCOCK

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### 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](mailto: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 in the spring and fall. Call for more information, group locations, dates and times.

## KENNEBEC

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### Hospice Volunteers of Waterville

**Type:** Widow/Widower Support Group  
**Contact:** Jan Osborn, Bereavement Coordinator  
**Address:** 304 Main Street, P.O. Box 200  
Waterville, Maine 04901  
**Phone:** 207-873-3615 Extension: 15  
**E-Mail:** [hospiceinfo@hvwa.org](mailto:hospiceinfo@hvwa.org)  
[josborn@hvwa.org](mailto:josborn@hvwa.org)  
**Website:** [www.hvwa.org](http://www.hvwa.org)

**Enrollment:** Please call ahead.

**Areas Served:** 27 communities in Waterville area

**Group Leader:** Trained Volunteers

**Criteria:** Self-Referral

**Description:** At this time, there is a Widow/Widower Support Group open to anyone struggling with the death of their spouse.

**Meetings:** Held the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of every month from 10-11:30AM. Call ahead for meeting locations as they may change.

**Additional Information;** Jan Osborn, Bereavement Coordinator, will contact NAMI Maine Staff with any new Support Groups as they become available.

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### Maine General Hospice

**Type:** General Loss Support, Family Grief Support, Survivors of Suicide Loss, Child Loss Support Group  
**Contact:** Tamara Cooper, Bereavement Coordinator  
**Address:** 150 Dresden Avenue  
Gardiner, Maine 04345  
**Phone:** 207-626-1780  
**E-Mail:** [tamara.cooper@mainegeneral.org](mailto:tamara.cooper@mainegeneral.org)  
**Website:** [www.mainegeneral.org](http://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. Call to register or to schedule an interview.
- ❖ *Child Loss Support Group:* Meetings scheduled on 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 Tamara Cooper for information, meeting availability, dates and times.

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

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## 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](mailto:coastalfamilyhospicevolunteers@gmail.com)  
[cdeslaurierscierri@penbayhealthcare.org](mailto:cdeslaurierscierri@penbayhealthcare.org)

**Website:** [www.coastalfamilyhospice.com](http://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 1<sup>st</sup> Wednesday of every month, 6-7:30PM in the Bartlett Woods Retirement Center library. Call Carol for group availability and meeting schedules.

## LINCOLN

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### 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](mailto:connie.jones2@lchcare.org)

**Web:** [www.mileshealthcare.org/HomeHealthHospice](http://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

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### 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](mailto: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 1<sup>st</sup> Tuesday of every month, 6:30-7:30PM.

## H.O.P.E.

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**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:** [kenhope@hopehealing.org](mailto:kenhope@hopehealing.org)

**Website:** [www.hopehealing.org](http://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, 1<sup>st</sup> 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**

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### **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](http://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:** Parents Bereavement Support Group meets the 1<sup>st</sup> Wednesday of every month, 6:30PM. This meeting, open to the public, offers support for parents or caregivers who lost children. Contact St. Joseph Homecare and Hospice for details.

Community Walk-In Bereavement Support Group is hosted at Brookings-Smith Funeral Home, 133 Center Street, Bangor, 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month, 6-7:30PM.

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### **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](mailto:lboyle@emh.org)

**Website:** [www.pathfindersmaine.org](http://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 5<sup>th</sup> and continues every Monday evening from 6-7:30PM through December 7<sup>th</sup>. The spring group begins March 7<sup>th</sup> from 6- 7:30PM and continues every Monday thereafter with the exception of school vacation week.

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### **New Hope Hospice, Inc.**

**Type:** General Bereavement Support

**Contact:** Christii MaQuillan, Director

**Address:** P.O. Box 70, 1344 Main Road  
Eddington, Maine 04428

**Phone:** 207-843-7521  
**E-Mail:** [newhope7521@aol.com](mailto:newhope7521@aol.com)  
**Website:** [www.newhopehospice.org](http://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 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of every month at 6PM and hosted at the Brookings-Smith Family Center in Bangor.

## PISCATAQUIS

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### Pine Tree Hospice

**Type:** Adult Lunch and Learn Bereavement Group, General Bereavement Support Groups for Adults and Children

**Contact:** Jane Stitham, Executive Director  
Betsy Miller-Minott, Coordinator of Volunteer and Client Services

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

**Phone:** 207-564-4346

**E-Mail:** [wecare@pinetreehospice.org](mailto:wecare@pinetreehospice.org)

**Website:** [www.pinetreehospice.org](http://www.pinetreehospice.org)

**Facebook:** [www.facebook.com/EvergreenPTH](http://www.facebook.com/EvergreenPTH)

**Enrollment:** Call to enroll.

**Areas Served:** Piscataquis and portions of Somerset and Penobscot

**Group Leader:** Trained Volunteers

**Criteria:** Self-Referral, Social Worker, Medical Professionals and Spiritual Advocates

**Description:** *Adult Lunch and Learn Bereavement Support Group* is free of charge and open to anyone struggling with the death of a loved one. The first hour is a support group followed by lunch and a presentation in the second hour. A diverse number of guest speakers attend each month. *Evening Support Groups for Adults* are open to anyone struggling with the death of a loved one. We offer a *Support Group for Children*, ages 3-18 accompanied by a parent or guardian. Children are placed in age appropriate groups. The parents/guardians meet together in a support group of their own.

**Meetings:** *Adult Lunch and Learn Bereavement Groups* held 2<sup>nd</sup> Tuesday every month, 11AM-1PM September through May at Dover-Foxcroft Congregational Church, Dover, Maine. The *Adult Evening Support Group* runs the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday every month at Pine Tree Hospice. The *Support Group for Children* begins Wednesday, October 7, 2015, 6:30-7:30PM. Another *Children's Bereavement Support Group* held 2<sup>nd</sup> and 4<sup>th</sup> Wednesday every month, 7-8PM, 1<sup>st</sup> Floor of Basket House, 883 West Main Street. Call Pine Tree Hospice with questions, meeting availability, dates and times 207-564-4346.

## SAGADAHOC

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

## SOMERSET

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### 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](mailto:Volunteer@hvosc.org)

**Website:** [www.hvosc.net](http://www.hvosc.net)

**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

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### 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](mailto:hvowc1@gmail.com)

**Website:** [Hospicevolunteersofwaldocounty.org](http://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

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### Down East Hospice Volunteers

**Type:** Individual Bereavement Support,  
Bereavement Support Group

**Contact:** Kathi Milicia, Bereavement  
Coordinator

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

**Phone:** 207-454-9204

**E-Mail:** [downeasthospice@yahoo.com](mailto:downeasthospice@yahoo.com)

**Website:** [www.downeasthospicevolunteers.org](http://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. A 6-week grief support group will begin the fall of 2015 in Calais. A child loss support group will begin the fall of 2015 in Calais.

**Meetings:** Call for details on the upcoming fall support group.

## YORK

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### The Hope Project

**Type:** Child Bereavement Support

**Contact:** Nikki Hopewill

**Phone:** 207-475-7308

**E-Mail:** [nikki@hopeprojectseacoast.org](mailto: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.

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### 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:** 360 Merrimack Street  
Lawrence, MA 01843 or  
127 Long Sands Road, #12  
York, Maine 03909

**Phone:** 978-552-4904 or 978-552-4537

**E-Mail:** [jsharpe@homehealthfoundation.org](mailto:jsharpe@homehealthfoundation.org)

**Web:** [www.homehealthfoundation.org/york-hospital-hospice](http://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 the 4<sup>th</sup> Tuesday every month, 10:30-11:30AM at York Senior Center, 36 Main Street, York. The *General Bereavement Support Group* meets in the fall, winter and spring for 10-week sessions. Beginning September 17, 2015 a Children's Bereavement Group is available every 3<sup>rd</sup> Thursday of the month, 5:30-7:30PM. This group is for children, ages 6-13, dealing with the loss of a loved one. Contact the Bereavement Coordinator of York Hospital at 978-552-4537 for more information.

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## 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](mailto:jan.arsenault@wdhospital.com)

**Website:** [www.wdhospital.com](http://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 as needed basis. Contact Jan Arsenault for information and resources.

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## Other Resources

**Grief Share:** Visit <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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