Maine Grief Support Centers  
(Listed by County)

COVID-19 Update: Some of the groups below have cancelled their groups or moved them online. Please contact the individual organization before attending an in-person meeting.

### Androscoggin

**Androscoggin Home Care & Hospice**

**Contact:** Amy Dulac, 207-795-9468, amy.dulac@androscoggin.org  
**Website:** [https://androscoggin.org/health-services/bereavement-support/](https://androscoggin.org/health-services/bereavement-support/)  
**Pre-registration:** Call or visit the website to pre-register

**Groups:**  
- **Guidance through Grief Online Support Group** is a free, 8-wk grief support group for adults (18 and over). Begins September 17th from 1:00-2:30pm, must commit to all 8-wks, and must have access to the internet.  
- **Restorative Retelling Grief Support Group** is a free, 10-wk closed therapy group. It is for adult family members and friends suffering from traumatic grief as a result of a loved one’s sudden death due to homicide, overdose, suicide, motor vehicle accident, or medical event. Time: Monday evenings from 5:30-7:00pm, starting September 15th. Location: 15 Strawberry Avenue, Lewiston.

**Other:** **Camp Dragonfly** is a free, one-day retreat is designed to bring together grieving children and teens ages 6 to 17, as well as the key support people in their lives, who have experienced the loss of a loved one or are living with a loved one with a terminal illness. For information on Camp Dragonfly 2020, contact Amy.

### Compassionate Friends

**Contact:** Lena, 207-713-7774
**Location:** D'Youville Pavilion (Arc Room, 1st Floor), 102 Campus Avenue in Lewiston
**Website:** [www.compassionatefriends.org](http://www.compassionatefriends.org)
**Pre-registration:** Not required

**Group:** **Compassionate Friends** is an open support group for child/grandchild/sibling Loss. Held 2nd Wednesday of each month from 6-8 PM. Ask for directions to the ARC room at the D'Youville Pavilion’s front desk.

### Aroostook

Currently None

### Cumberland

**CHANS Hospice and Volunteers Center for Grief and Loss**

**Cancelled at this time due to COVID-19**

**Contact:** Andy Sokoloff, LMSW, 207-721-1357

**Location:** Depends on group, see below

**Website:** [https://www.chanshomehealth.com/grief-support/grief-support-groups](https://www.chanshomehealth.com/grief-support/grief-support-groups)

**Pre-registration:** Not required except for structured support group
Groups: Survivors of Suicide and Unnatural Loss Support Group open to anyone in the community grieving the death by suicide, overdose, substance abuse, homicide, or accident, of a loved one. Meets the 1st and 3rd Tuesday of each month from 6:30-8 pm at CHANS Home Health & Hospice at 45 Baribeau Dr in Brunswick.

Adult Grief Support Group open to anyone in the community grieving the death of a loved one:

- Brunswick- 2nd and 4th Tuesday of each month from 6:30-8 pm at CHANS Home Health & Hospice at 45 Baribeau Dr
- Topsham- 1st and 3rd Wednesdays of each month from 2-3:30 pm at Cadigan Lodge at 54 Governor’s Way in Topsham.

Pet Loss Support Group is open to anyone in the community grieving the terminal illness or death of a companion animal.

Structured Adult Grief Support Group is a 6-wk structured group open to anyone in the community who is grieving the loss of a loved one. Must pre-register, call coordinator for details.

Compassionate Friends

Contact: Richard, 207-200-3651, tcfofportlandme@gmail.com

Location: Church of the Holy Spirit, 1047 Congress St. Portland

Website: www.compassionatefriends.org

Pre-registration: Not required

Group: Compassionate Friends is an open support group for child/grandchild/sibling Loss. Held 3rd Thursday of each month at 7:00 PM.

Northern Light Home Care & Hospice

Contact: Linda Hopkins, 207-400-8714, hopkinsl@northernlight.org

Pre-Registration: Yes

Location: Northern Light Home Care and Hospice 50 Foden Rd, South Portland

Group: Have you lost a loved one? When someone we love dies it can feel overwhelming. You may feel alone and that no one understands what you are going through. The truth is that many are walking a similar path. Consider coming to a place where you can talk, grieve, and move forward with people who are also grieving.

Suicide Loss Support Group

Contact: Robert Myers LCPC, 207-409-6226 and Sandra Horne LCSW, 207-409-6976

Location: Maine Medical Center’s Dana Center, Rm 1, Portland

Website: https://about.me/soslossgroup or Facebook- Survivors of Suicide Loss Support Group

Pre-registration: Not required

Group: Survivors of Suicide Loss is a support group for those who have lost friends or loved ones to suicide. Group meets the 2nd and 4th Mondays of each Month from 6-7:30 pm at the Maine Medical Center’s Dana Center Rm 1. Rm 1 is at the end of the hall on the right on the 1st floor. Parking is
in the lot just outside the Dana Center and there’s ample street parking as well.

Hospice of Southern Maine

Contact: Carol Schoneberg, 207-289-3651, cschoneberg@hospiceofsouthernmaine.org
Website: https://www.hospiceofsouthernmaine.org/

Hospice of Southern Maine recommends having at least 2-3 months between the loss of your loved one and starting a support group. If you would like bereavement support sooner, please call or email Carol to schedule individual grief counseling until the timing is better to participate in a group.

Groups: During this time of social distancing, Hospice of Southern Maine will be offering an online bereavement support group via Zoom. Zoom is a secure video-conferencing platform that Hospice of Southern Maine staff can use for virtual face-to-face conversations with patients and families. Zoom is free, and it can be used on your smartphone or your computer. The online bereavement support group can accommodate up to 10 people. Groups will be held once a week for 90 minutes and will run for 8 weeks. For people who do not have a smartphone or computer, it is still possible to join in by phone for the audio portion only. For more information or to register, please contact Erin King at eking@hospiceofsouthernmaine.org or (207) 289-3521 for Monday afternoon groups and contact Carol Schoneberg, 207-289-3651, cschoneberg@hospiceofsouthernmaine.org Thursday evening groups.

Center for Grieving Children

Contact: Mary Bristol, 207-775-5216
Website: https://www.cgcmaine.org/service/bereavement/

Pre-registration: Yes

Groups: At the Center, children, teens, young adults and adults benefit from a supportive environment where they can be with others who have experienced similar losses. Support groups exists for children and their parents/caregivers, young adults (19-30), bereaved parents, and young widowers/partners (up to age 60).

Children and Family Groups meet weekly, Tuesday-Thursday evenings in Portland and Wednesday evenings in Sanford. Call coordinator for more details.

Young Adults (19-30) Group meets weekly in Portland. Call coordinator for more details.

Bereaved Parents Group meets weekly in Portland. Call coordinator for more details.

Young Widow, Widower & Partner (up to age 60) Group meets weekly in Portland. Call coordinator for more details.

Franklin

Old South Church

Contact: Betsy Riley, 207-491-9814 and Jean Helmer, 207-402-8175
**Hospice of Hancock County**

**Contact:** Jane Cornman, 207-667-2531, jcornman@hospiceofhancock.org

**Website:** [https://www.hospiceofhancock.org/](https://www.hospiceofhancock.org/)

**Location:** 14 McKenzie Avenue, Ellsworth

**Pre-registration:** Yes, call to sign up

**Current Groups:** During these trying times, feelings of grief, loss and isolation that many are feeling have grown, and the need for support, understanding and affirmation is high. To provide this needed support, Hospice Volunteers of Hancock County is offering two online support groups, both free of charge - *One for Those Who are Grieving the Loss of a Loved One who has died* and a *Caring Support for Caregivers Group* (of any type; the caregiving does not have to be for a hospice patient).

For more information or to register for either of these groups, please call the Hospice Volunteers of Hancock County office at 667-2531, email info@hospiceofhancock.org for the Grief group, or ljjohnson@hospiceofhancock.org for the Caregivers group, or private message us on facebook.

Last Updated July 31, 2020

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**Hospice Volunteers of Waterville**

**COVID-19 Updates:** They are checking messages frequently and will call you back. If you are interested in a support group, they have adapted some of their groups to a virtual format. Hope’s Place, a program for grieving children, will meet Wednesday evenings online. The General Loss group will meet virtually on the 1st and 3rd Monday of the month.

**Contact:** Jillian Roy, 207-873-3615 ext. 19, jroy@hvwa.org

**Website:** [https://www.hvwa.org/](https://www.hvwa.org/)

**Location:** 304 Main St., Waterville

**Pre-registration:** Pre-registration is not required but requested for the groups

**Groups:**
- **General Loss Support Group:** Ongoing support for those grieving the death of a loved one. Meeting provide a time for sharing and receiving peer support from those who have also experienced a loss.
- **Widow and Widowers Support Group:** This group is for women and men who have experienced the death of a spouse or significant other. Meetings provide a time for sharing and receiving support from those who have experienced the same loss.
- **Hope’s Place for Grieving Children:** Hope’s Place delivers a program of activities and services that respond to the needs of grieving children and teens in a safe and nurturing environment. Children ages 3-18 and their families are eligible to use the program following the death of a loved one.
Other: *Camp Ray of Hope* is a weekend retreat for families and individuals anywhere in Maine who are grieving the death of a loved one. Individuals under 18 must be accompanied by a responsible adult. Camp Ray of Hope 2020 is September 11-13th, registration is required.

**MaineGeneral Hospice & Volunteers of Kennebec Valley**

**Contact:** Yvonne Watson, 207-248-0420  
**Website:** [www.mainegeneral.org](http://www.mainegeneral.org)  
**Location:** 35 Medical Center Parkway Augusta

**Pre-registration:** Call to register and to learn about other potential groups. They offer suicide loss and child loss groups as needed.

**Group: General Loss Support Group** meets on Tuesdays from 6-7:30 pm for six weeks and is for adults who have experienced the death of a loved one. This group offers participants the opportunity to explore feelings of grief and loss in a safe, supportive peer setting. Call for later session dates.

**Lincoln**

**Coastal Family Hospice Volunteers**

**Contact:** 207-230-0042, [coastalfamilyhospicevolunteers@gmail.com](mailto:coastalfamilyhospicevolunteers@gmail.com)  
**Website:** [http://coastalfamilyhospice.com/bereavement/](http://coastalfamilyhospice.com/bereavement/)

**Pre-registration:** Yes

**Groups: Bereavement Support Groups** that are open to the community. The groups offer an opportunity to express feelings in a safe and confidential setting with others who are experiencing similar losses. Groups are co-facilitated by local professionals and trained hospice volunteers. At present they offer an 8-wk support groups open to the public but requiring pre-registration and a monthly drop-in support group that is open to anyone coping with the loss of a loved one. Call 207-230-0042 for details.

**Knox**

**Coastal Family Hospice Volunteers**

**Contact:** 207-230-0042, [coastalfamilyhospicevolunteers@gmail.com](mailto:coastalfamilyhospicevolunteers@gmail.com)  
**Website:** [http://coastalfamilyhospice.com/bereavement/](http://coastalfamilyhospice.com/bereavement/)

**Pre-registration:** Yes

**Groups: Bereavement Support Groups** that are open to the community. The groups offer an opportunity to express feelings in a safe and confidential setting with others who are experiencing similar losses. Groups are co-facilitated by local professionals and trained hospice volunteers. At present they offer an 8-wk support groups open to the public but requiring pre-registration and a monthly drop-in support group that is open to anyone coping with the loss of a loved one. Call 207-230-0042 for details.

**CHANS Hospice and Volunteers Center for Grief and Loss**

**Cancelled at this time due to COVID-19**
Contact: Andy Sokoloff, LMSW, 207-721-1357

Location: Depends on group, see below

Website: https://www.chanshomehealth.com/grief-support/grief-support-groups

Pre-registration: Not required except for structured support group

Groups: Survivors of Suicide and Unnatural Loss Support Group open to anyone in the community grieving the death by suicide, overdose, substance abuse, homicide, or accident, of a loved one. Meets the 1st and 3rd Tuesday of each month from 6:30-8 pm at CHANS Home Health & Hospice at 45 Baribeau Dr in Brunswick.

Adult Grief Support Group open to anyone in the community grieving the death of a loved one:

- Brunswick- 2nd and 4th Tuesday of each month from 6:30-8 pm at CHANS Home Health & Hospice at 45 Baribeau Dr
- Topsham- 1st and 3rd Wednesdays of each month from 2-3:30 pm at Cadigan Lodge at 54 Governor’s Way in Topsham.

Pet Loss Support Group is open to anyone in the community grieving the terminal illness or death of a companion animal.

Structured Adult Grief Support Group is a 6-wk structured group open to anyone in the community who is grieving the loss of a loved one. Must pre-register, call coordinator for details.

H.O.P.E (Healing of Persons Exceptional)

Contact: Ken: 207-890-3673 (use email/form first), kenhope@hopehealing.org or form: https://hopehealing.org/ask-us/
Liz: 727-420-2964

Website: www.hopehealing.org

Pre-registration: Not required.

Groups: H.O.P.E Groups are Healing Circles of kindness, compassion, and forgiveness helping each other get through these challenging times using a loving, gentle, non-judgmental approach to achieve unity instead of division.

H.O.P.E Group with Ken: To reach more people, Ken has taken his usual in-person group online. He meets Wednesdays at 4 with people all over the state via skype or zoom. Since it is online, he is happy to change the time and date if it works better for the group. Contact Ken for more information.

H.O.P.E Group with Liz: Liz leads 2 in-person groups in the Portland area. Group 1 meets on Wednesdays from 5:00-6:30 pm at the Maine Medical Center’s Dana Health Education Center Rm 1 at 22 Bramhall St., Portland. Group 2 meets on Thursdays from 5:00-7:00 pm at the Portland Recovery Community Center at 468 Forest Ave, Portland.

Oxford

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St. Joseph Homecare and Hospice
Contact: Bereavement Coordinator, 207-262-1810
Website: www.stjoeshealing.org
Location: Cliff-Darling House, 106 Congress St, Bangor
Pre-registration: Not required
Group: A walk-in general bereavement group on 2nd and 4th Wednesdays of every month from 6-7:30 pm at the Cliff-Darling House, 106 Congress St, Bangor

Northern Light Home Care & Hospice-Pathfinders
Contact: Linda Boyle, 207-944-2474
Pre-Registration: Yes, a brief intake interview is also required
Cost: $50 fee (scholarships available)
Group: Pathfinders is a 10-wk grief support group for children and their families or caregivers who are experiencing the death of a loved one. Children find help in sharing feelings and experiences with other children their own age. Feelings are expressed and released through stories, games, drawings, discussions, play, and other activities. Adults who come with children meet in their own groups. Teens and young adults are also welcome and meet separately in a supportive and confidential setting. Pathfinders has sessions throughout the year. Call for more information.

Safe Place
Contact: Cathy Bennett, 207-974-6894, cabenne@tds.net
Location: Family Reception Center of Brookings-Smith, 133 Center St. Bangor
Pre-registration: Not required
Group: An open, walk-in suicide loss survivors support group that meets continuously throughout the year. Meetings the 1st Wednesday of each month from 6:30-8 pm at the Family Reception Center of Brookings-Smith, 133 Center St. Bangor.

Piscataquis

Pine Tree Hospice
Cancelled at this time due to COVID-19 if you need assistance call the number below
Contact: 207-564-4346 or wecare@pinetreehospice.org
Website: http://www.pinetreehospice.org/
Pre-registration: Depends on group, see below

Pine Tree Hospice volunteers can be called upon to offer general support and comfort measures during a traumatic death incident for those affected. Call 564-4346 if crisis support is needed

Groups: Nights of Service is a closed 6-wk grief support group for children and families who are grieving a death. Call for more details.

Evening Grief Support Group is for anyone who has experienced a loss. The group is held on the 2nd and 4th Wednesday of each month from 6:30 to 7:30 at Pine Tree Hospice Office, 883 West Main St., Dover-Foxcroft. Pre-registration is encouraged.
Growing Through Grief is open to any adult who has experienced the loss of a loved one. It is a support group followed by a presentation or workshop. It is held every 3rd Tuesday of each month from September to May at Dover-Foxcroft Congregational Church from 1-3pm. Drinks and desserts are provided. Pre-registration is appreciated.

Pet Loss Workshops are held periodically throughout the year and are for adults and children. Call or email to learn about upcoming workshops.

**Sagadahoc**

CHANS Hospice and Volunteers Center for Grief and Loss

Cancelled at this time due to COVID-19

**Contact:** Andy Sokoloff, LMSW, 207-721-1357

**Location:** Depends on group, see below

**Website:**
https://www.chanshomehealth.com/grief-support/grief-support-groups

**Pre-registration:** Not required except for structured support group

**Groups:** *Survivors of Suicide and Unnatural Loss Support Group* open to anyone in the community grieving the death by suicide, overdose, substance abuse, homicide, or accident, of a loved one. Meets the 1st and 3rd Tuesday of each month from 6:30-8 pm at CHANS Home Health & Hospice at 45 Baribeau Dr in Brunswick.

*Adult Grief Support Group* open to anyone in the community grieving the death of a loved one:

- Brunswick- 2nd and 4th Tuesday of each month from 6:30-8 pm at CHANS Home Health & Hospice at 45 Baribeau Dr
- Topsham- 1st and 3rd Wednesdays of each month from 2-3:30 pm at Cadigan Lodge at 54 Governor’s Way in Topsham.

**Pet Loss Support Group** is open to anyone in the community grieving the terminal illness or death of a companion animal.

*Structured Adult Grief Support Group* is a 6-wk structured group open to anyone in the community who is grieving the loss of a loved one. Must pre-register, call coordinator for details.

**Somerset**

Hospice Volunteers of Somerset County

**Contact:** Bereavement coordinator, 207-474-7775, volunteer@hvosc.org

**Location:** Corner of 165 Madison Avenue and 2 Prospect St., Skowhegan

**Pre-registration:** No for drop-in, Yes for specialized support group

**Groups:** Any change in life often brings a feeling of loss and grief. Grief support groups are for anyone who has had a loss. The groups are led by trained facilitators who may help people through the grieving process and in finding their “new normal”. We encourage tears, validate emotions, and we listen. All groups are free of charge.

*Drop-in Support Group* is a group where feelings are respected and group members
learn what is normal during the grieving process, and that everyone grieves at their own pace in their own way. Grieving cannot be jumped over or skirted around- it is a journey you must go through. The group meets every Tuesday from 4-6 pm.

Specialized Support Group is a group where feelings are identified, tears are encouraged, and where group members learn what to expect and what is normal in the grieving process. Specialized groups are set up as needed and can be located any place in our service area (Somerset County).

Waldo

Hospice Volunteers of Waldo County

Cancelled at this time due to COVID-19

Contact: 207-505-4434 or hvowc@gmail.com

Website: http://hospicevolunteersofwaldocounty.org/

Group: Child Loss Support Group is a drop-in group held on the 4th Tuesday of the month from 6-8 pm in Belfast. Call for more information.

If there is an interest in other groups, they will be started. Call for more information on other potential groups.

Washington

Down East Hospice Volunteers

Contact: Don Green, 207-454-9204

Website: www.downeasthospicevolunteers.org

Pre-registration: Yes

Group: General bereavement group runs periodically and requires registration. Also offering one on one bereavement support- call for more details. Both are available free of charge to anyone dealing with the loss of a loved one.

York

York Hospital Hospice in Partnership with Merrimack Valley Hospice

COVID-19 Update: In-person group has switched to online. See below for details.


Pre-registration: Yes

Groups: All groups are for general loss. Groups are Wednesday afternoon from 12:00-1:00 pm, Wednesday evening from 6:00-7:30 pm, Thursday morning from 10:00-11:00 am, and Thursday evening from 5:00-6:00 pm. All groups are via zoom and led by a licensed credentialed bereavement staff member. If you want to join a group, call 978-552-4510.

Southern Maine Suicide Bereavement Group

Contact: Jennifer Ordway, 207-319-3198

Location: Whole Heart Therapies, 8 Wilson St., Berwick

Pre-registration: Not required

Group: An open, walk-in suicide loss survivors support group that meets continuously throughout the year. Meetings
are held the 3rd Tuesday of each month from 6:30-8 pm at Whole Heart Therapies, 8 Wilson St. in Berwick.

Other

New Hampshire:

Cancelled at this time due to COVID-19

Contact: Marcia Flinkstrom, MSW, 603-740-2225, marcia.flinkstrom@wdhospital.org

Website: www.wdhospital.org

Location: Wentworth Douglass Hospital, 839 Central Ave, Dover

Group: Grief Support group held 1st Tuesday of each month from 5:30-7:30 at Wentworth Douglass Hospital.

Griefshare:

A 13-wk faith-based support group. Visit www.griefshare.org for current and future sessions. Currently lots are scheduled all over Maine.

Alliance of Hope for Suicide Survivors: A non-profit online resource and support group for those affected by the loss of a loved one to suicide. Visit www.allianceofhope.org.