Grief and Bereavement Resources

- Support group offerings in southern, central and western Maine
- List of community therapists specializing in bereavement counseling
- Website support and information links

NOTE: NOT all resources listed here are offerings of AHCH. Please read contact information carefully.

For more information:

Amy Dulac
AHCH Bereavement Coordinator at Androscoggin Home Care and Hospice
1-800-482-7412 or 795-9468
Amy.Dulac@ahch.org
GRIEF SUPPORT INFORMATION

There are a number of support groups available in this area. Some meet on a regular basis and others are structured, educational sessions, which meet at certain times throughout the year. Support groups provide an opportunity for you to be with others who have “been there” in a safe, informal and confidential atmosphere. Please call the phone numbers listed for up-to-the-minute information about the group you are interested in attending. Unless otherwise noted, there is no registration or fee required.

Auburn/Lewiston Area

Held 3 times/year

Guidance through Grief, 6-7:30 PM  
An 8-week structured education & support group designed for grieving adults.  
Contact: Bereavement Dept, at AHCH 795-9468; Bereavement@ahch.org

Held 3 times a year:

Guidance through Grief. 1:00 to 2:30 PM  
Hospice House  
An 8-week structured education & support group designed for grieving adults.  
Contact: Bereavement Dept. at 795-9468  
or Bereavement@ahch.org

Second and Fourth Wednesday of Month:

Grief Support Group, 6:00–7:30 PM  
Open support group for anyone who has lost a loved one  
St. Mary’s Residences, Lewiston  
Club 50 room (Campus Cuisine)  
Facilitators: Chaplain’s office, 777-8520

Camp Dragonfly

Day-Long Program for Grieving Children and their Families

Program for Grieving Children & Teens  
Facilitated grief support for children 5 to 17 years old plus adult family members. Offered by Androscoggin Home Care and Hospice. Day and place to be announced.  
Pre-registration required  
Contact: The Bereavement Dept. 777-7740 or 1-800-482-7412.

Second Wednesday of Month:

The Compassionate Friends - For Parents/Grandparents/Significant Adults who have lost a child, 6 – 8:00 PM  
d’Youville Pavilion, Admin. Conf. Rm, Lewiston  
Contact: Drena Sullivan, 557-8202
Third Wednesday of Month

**The Pregnancy and Infant Loss Support Group**, 7 – 8:30 PM
CMMC – Conference Room D Lower Level, 12 High Street Medical Office Building
**Contact:** Leanne Langlois 212-9528 or email: babyalligatortears@yahoo.com

By appointment

**Anticipatory Grief/Cancer Support Group**
Dempsey Center for Cancer Hope & Healing
**Contact:** Tookie Bright, LCSW –cc, Children’s Program Coordinator, 795-8256

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**Augusta Area**

7-week sessions, held 4 times/year

**Healing Hearts: A Family Grief Support Program** For families with children ages 3-17 who are grieving the death of a loved one.
**Pre-interview required. Contact:** Tamara Cooper, 626-1780 or 626-1779
**E-mail:** tcooper@mainegeneral.org

8 – Week Sessions Spring

**Survivors After Suicide Group** For family and friends of those who have committed suicide.
**Pre-registration required**
**Contact:** Tamara Cooper, 626-1780 or 626-1779
**Email:** tcooper@mainegeneral.org

**General Loss Grief Support Group:** For adults who have experienced the loss of a loved one.
Contact: Tamara Cooper, 626-1780 or 626-1779
**E-mail:** tcooper@mainegeneral.org

Other groups and grief workshops are available throughout the year. For more information, **Contact:** Bylthe Edwards, 626-1780 or 626-1779 or **Email:** bedwards@mainegeneral.org
Bath / Brunswick Area

CHANS Hospice & Volunteers Center for Grief & Loss offers the following groups. All groups are free of charge and are open to any adult whose loved one has died. Pre-attendance meetings are required to attend all support group so that participants can be connected to an appropriate group. For information on any of the following groups, please contact Andrew Sokoloff, Grief Support and Bereavement Coordinator, at 721-1357 or email him at asokoloff@midcoasthealth.com. Please note that groups do not meet during the month of August with the exception of the Cancer Support Group.

Adult Grief Support Group - Open to any adult whose loved one has died.

2nd & 4th Tuesdays, 6:30-8:00 p.m. & 1st & 3rd Wednesdays, 2:00-3:30 p.m.

Offered fall of 2015 if there is interest.

Structured 7-Week Grief Support Program

2nd & 4th Thursday, 3:30-5:00p.m.

Substance Abuse Loss

2nd & 4th Wednesday, 2:00-3:30 p.m.

Cancer Support Group

1st & 3rd Tuesdays, 6:30-8:00 p.m.

Suicide Loss Support Group for Adults

Bridgton Area

Held 2 times/year

Pathways Through Grief
A 6-week structured education and support group designed for grieving adults. Facilitated by trained Bereavement volunteers.
Contact: Bereavement Dept., at AHCH 795-9468.

Farmington Area

Held 2 times/year

Pathways Through Grief
An 6-week structured education and support group designed for grieving adults. Facilitated by trained Bereavement volunteers.
Contact: Bereavement Dept. at AHCH 795-9468.
Oxford Area

Weekly meeting on Thursday

Grief & Cancer Support Group  3:00 - 4:30 PM
An open support group for adults coping with loss and/or cancer. Meets at Haskell House adjacent to the 1st Congregational Church of South Paris
17 East Main St.  So. Paris, ME 04281
Contact:  Rev. Don Mayberry at 743-2437

Norway Area

Held 3 times/year

Pathways Through Grief: A 6-week structured education and support group designed for grieving adults. Facilitated by trained bereavement volunteers.
Contact:  Bereavement Department at AHCH, 795-9468.

Portland Area

Second and Fourth Monday of Month:  Survivors of Suicide Support Group, 6:30 PM
For Family Member or Close Friend
Maine Medical Center, Bramhall Street, Portland
Classroom #1, Dana Center
Must call before attending group
Facilitator:  Sandra Horne, 874-2466

Tuesday, Wednesday and Thursday:

Center for Grieving Children, 7 - 8 PM
Peer-to-Peer classes offered for children Age 3 – 18. Also Young Adult Group for Age 19-30.
Pre-interview required
Must call before attending group
P.O. Box 1438, Portland, ME 04104
Facilitators:  Valerie Jones and Sara Asch., 775-5216
Website:  www.cgcmaine.org

Mondays:

Tender Living Care, 6:15 – 7:15 PM
For Families Affected by Serious Illness
Center for Grieving Children, P.O. Box 1438, Portland, ME 04104
Must call before attending group
Facilitator:  Sandy Lovell, 775-5216
Website:  www.cgcmaine.org
Mondays: Bereaved Parents Group, 6:30-8:00 PM  
Pre-interview required  
Must call before attending group  
PO Box 1438, Portland, ME 04104  
Facilitators: Susan Giambalvo, 775-5216 or Valerie Jones, 775-5216  
Website: [www.cgcmaine.org](http://www.cgcmaine.org)

Every other Friday: Young Widow and Widowers Group, 7:00-8:30 PM  
Pre-interview required  
Must call before attending group  
PO Box 1438, Portland, ME 04104  
Facilitator: Sara Asch, 775-5216  

Therapists who offer Bereavement Counseling:

Auburn/Lewiston Area:  
Carolyn Bloom, LCSW – 782-4333  
Paul Matteson, MS Ed. – 753-0135  
Calla Wells, LCSW – 782-3900  
Janet Rensink, LCSW – 782-1051  
Michelle Farrar, LCSW – 344-6290 (children)  
Sarah Caron @ Lifework – 782-4699  
Deborah Stauffer, LCSW – 777-3821 (children + adults)

Bath/Brunswick Area:  
Anne Funderburk, LCSW – 729-7710  
Linda Heller, LCSW – 729-7710  
Michaelanne Rosenzweig, LSCW – 725-4778  
Linda Nelson, LCSW – 729-7710  
Leslie Bartlett, LCSW – 729-7710  
Margaret Lonsdale, LCSW – 443-9113  
Steven Klockow, LCSW – 729-7710  
Deborah Holzel, LCSW – 837-2498  
Katherine Lyon, LCSW-725-2810  
Eileen Johnson, LCSW-208-9282

Bridgton Area:  
Elia Manners, LCPC – 647-3015,  
(Initial Grief Counseling)  
Jeff Swazey, 603-986-4977, Conway, NH  
Cindy Choate, LCSW – 647-4378  
Tri County, 800-286-5629

Gray Area:  
MaryLou McManus-Richter – 657-3340

Norway Area:  
Rebecca Hardy, LCSW, LADC – 743-9337  
Julie Ann Peterson, LCSW – 890-8779  
Bonnie Spencer, LCSW – 739-2646 (children)

Portland Area:  
Donald Hodgson, Pastoral Counselor  
Kristine Watson, LCPC – 774-5157

Rumford Area:  
Maya Best, LCSW – 369-1113  
Katherine Sloma – 369-1109
Therapists are not employees of Androscoggin Home Care & Hospice. The list may not be all-inclusive and is not intended to exclude other professionals or be an endorsement of those listed.

Websites providing support and information to the bereaved:

- www.griefhealing.com
- www.griefnet.org
- www.widownet.com
- www.beyonddindigo.com
- www.aarp.org/griefandloss/
- www.centerforloss.com
- www.211maine.org
- www.webhealing.com
- www.growthhouse.org
- www.grieflink.com
- www.hospicecares.com
- www.beliefnet.com
- www.whatsyourgrief.com

Specific to grief after suicide:

- www.suicidefindinghope.com
- www.pbs.org/weblab/living
- www.survivingsuicide.com
- www.Thegiftofkeith.org

- www.mensbereavement.org (grief support for men)
- www.aarp.org (type “grief” in SEARCH window)
- www.Thegriefblog.com

Chat Room: http://groups.google.com/group/alt.support.grief/topics?hl=en

Statewide Crisis Intervention Center, - 1-888-568-1112

Social Group Resources:

- https://sites.google.com/a/connectedcatholicsofmaine.org/ccme/ (Chapters in Portland and Lewiston)
- www.wisdum.org

(4/22/16 Grief Support Group Information)