



ANDROSCOGGIN
HOME CARE & HOSPICE

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 three times a year

Guidance through Grief, 6-7:30 p.m.

An 8-week structured education & support group designed for grieving adults.

Contact: Bereavement Dept, at AHCH 795-9468; Bereavement@ahch.org

Held three times a year:

Guidance through Grief, 1-2:30 p.m.

Hospice House

An 8-week structured education & support group designed for grieving adults.

Contact: Bereavement Dept. at 795-9468 or Bereavement@ahch.org

Camp Dragonfly

Day-Long Program for Grieving Children and their Families

Program for Grieving Children & Teens

Facilitated grief support for children age 6-17 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.

Third Wednesday of Month

The Pregnancy and Infant Loss Support Group, 7 – 9 p.m., third Wednesday of every month

CMMC – Conference Room D Lower Level, 12 High Street Medical Office Building

Contact: Nancy, 207-795-5559

The Warrior Project

Support group for those dealing with the loss of those that have died by suicide. The Warrior Project is only open **Tuesday and Saturday** evenings when the support groups are available.

189 Main Street, 207-713-0674

By appointment

Anticipatory Grief/Cancer Support Group
Dempsey Center for Cancer Hope & Healing
Contact: Adult group 2nd and 4th Tues of each month,
6:00-7:30 p.m. No registration required. **795-8250**

**The Compassionate Friends
of Lewiston**

Support for families who has lost a child. 2nd
Wednesday of each month 6:00 p.m..
102 Campus Avenue, Lewiston Maine
Email: bordeau690@roadrunner.com
Phone Contact: Jan: (207)-364-8809

Augusta Area

Seven-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

Hospice Volunteers of Waterville
General Grief Group, Widow & Widowers Group
Parental Loss Group, Grieving Parent Group
Survivors of Suicide Group, Teen Group
Pet Loss support group, Men's Grief Group
Women's Group, Widow's Group, Children & Teens
Caregiver's Group, Infant, Stillborn & Pregnancy Loss
Sibling Loss Group
Jillian Roy, Youth Services Coordinator
jrjroy@hvwa.org

Camp Ray of Hope

Children and Adult Grief weekend camp. Held in September. Run by Hospice Volunteers of Waterville.
Jillian Roy, Youth Services Coordinator
jroy@hvwa.org. 873-3615

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. The groups are as follows:

Adult Grief Support Group
Grieving Children
Substance Abuse Loss
Structured 7-Week Grief Support Program
Suicide Loss Support Group for Adults
Grieving Parent- Open to any adult who has experienced a loss of a child (at any age)
Grief and the Holidays
Pet Loss

Bridgton Area

Held two times a year

Guidance Through Grief
An 8-week structured education and support group designed for grieving adults. Facilitated by trained Bereavement volunteers.
Contact: Bereavement Dept., at AHCH 795-9468.

Farmington Area

Offered every Tuesday from 4- 6 p.m.

Hospice Volunteers of Somerset County Drop in Support Groups
(207) 474-7775

Wednesday 2-4 p.m.

Old South Church Chapel
General grief group.
235 Main Street
Contact: Betsey Riley (207) 645-2884

Norway Area

Held three times/year

Guidance Through Grief: An eight-week structured education and support group designed for grieving adults. Facilitated by trained bereavement volunteers.

Contact: Bereavement Department at AHCH, 795-9468.

Stephens Memorial Hospital

Grief Group- Robin Green, LCSW at 207-743-1562 x6999

Portland/ Sanford Area

Second and Fourth Monday of Month
6-7:30 p.m.

Survivors of Suicide Group

For Family Member or Close Friend

Maine Medical Center, Bramhall Street, Portland
Classroom #1, Dana Center

Must call before attending group

Contact: Sandra Horne, 207-409-6976
horne@mmc.org, Robert Meyers, LCPC
207-409-6226 soslossgroup@gmail.com

Center for Grieving Children

Tuesday, Wednesday, Thursday Portland
Wednesday Sanford

Phone support

Children and Families, 7 - 8 p.m.

Peer-to-Peer classes offered for children

Ages 3 – 18.

Once a week

Also Young Adult Group for

Ages 19-30. 7-8 p.m.

Portland and Sanford

Young Widow, Widower, Young Partner Group- 60 or younger

Wednesday Evenings

Bereaved Parents Group- open to all parents who have lost a child regardless of the child's age

Mondays:

Tender Living Care, 6:15 – 7:15 p.m.

For Families Affected by Serious Illness

Must call before attending group

Contact: Diana McDermott, TLC Coordinator at (207)775-5216

Please note: A pre-interview is required for all Center for Grieving Children programs
Please contact Rebecca Diggins at 775-5216 or rebecca@cgcmaine.org.

Website: www.cgcmaine.org

2nd and 4th Friday:

North Parish Congregational Church
Bereaved Parents Group 630-8p.m.
Young Widowers Group 630-8p.m.
893 Main St, Sanford
Contact: 749-4949

Therapists who offer Bereavement Counseling:

Auburn/Lewiston Area:

Catherine Ouellette, LCPC-482-0240
Eliza Beth Meyer LCPC 517-4021
Stephen Hayes LCSW 358-4334
Theresa Cain Anderson LCPC 517- 2405
Maura Clark LCSW 560-0383
Margery Goldberg LCSW 783-1043 x1
Sheri Clark LCPC 517-0086
Shaunte Levasseur LCSW 344-6290
Evelyn Lent 420-2157

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)

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

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

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
(grief and loss counseling only)
Paul Matteson – 753-0135
Kate Roberge, LCSW - 553-2260 Ext 3

Rumford Area:

Maya Best, LCSW – 369-1113
Katherine Sloma – 369-1109
Velma Evans – 562-4226

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.beyondindigo.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