



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 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

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.

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

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

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.ecgmaine.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)

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

Rumford Area:

Maya Best, LCSW – 369-1113
Katherine Sloma – 369-1109

(grief and loss counseling only)
Paul Matteson – 753-0135

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

(4/22/16 Grief Support Group Information)