



## 2024 LIST OF GRIEF SUPPORT GROUPS (IN-PERSON AND [ONLINE](#))

### IN-PERSON SUPPORT GROUPS BY COUNTY

#### ANDROSCOGGIN COUNTY

##### Andwell Home Healthcare and Hospice

15 Strawberry Ave, Lewiston, ME 04240      Tel: (207) 777-7740 or (800) 482-7412  
Bereavement Coordinator: Amy Dulac    [bereavement@andwell.org](mailto:bereavement@andwell.org)    (207) 795-9468  
Children & Teens:

- Camp Dragonfly. 1-day retreat for children and teens ages 6 to 17

Adults:

- 8-week Adult General Grief Groups, in-person and online; several sessions annually
- Restorative Retelling Grief Support Group (Adult Family Members Suffering from Traumatic Grief)

*Also serving those in Cumberland, Franklin, Kennebec, Lincoln, Oxford, Sagadahoc, Somerset, and York counties.*

##### Compassionate Friends. Androscoggin

East Auburn Baptist Church – 560 Park Ave. Auburn ME, 04240  
Contact: Lena      Tel: (207) 713-7774    [Lenahann33@gmail.com](mailto:Lenahann33@gmail.com)  
Compassionate Friends is an open support group for child/grandchild/sibling Loss.

- In-person support group held on the 2<sup>nd</sup> Wednesday of each month at 6 p.m.

For more information, see the Compassionate Friends Website: [The Compassionate Friends Non-Profit Organization for Grief](#)

See [Online Support Groups](#)



## AROOSTOOK COUNTY

### Northern Light Home Care and Hospice—Aroostook

18 Green Hill Drive, Suite 1, Presque Isle, ME 04769-3102  
Bereavement Coordinator, George McLaughlin  
(207) 498-9039.

Tel: (800) 757-3326

[gmclaughlin@northernlight.org](mailto:gmclaughlin@northernlight.org)

- Grief support groups are held at various times throughout the year across Aroostook County and may be attended by any member of the community grieving the death of a loved one. Groups are facilitated by the Bereavement Coordinator and other trained staff. *“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.”*

For more information or to receive a grief support newsletter, please contact George McLaughlin.

See [Online Support Groups](#)

## CUMBERLAND COUNTY

### The Center for Grieving Children

555 Forest Avenue, Portland, Maine 04101  
(207) 775-5216

893 Main Street, Sanford, Maine 04073

**[NOTE: This information is per the Center for Grieving Children website and has not been confirmed as of Feb. 15, 2024.]**

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. Peer support groups are held for children ages 3-18 and their parents and caregivers; young adults ages 19-30; and bereaved parents and young widowers/partners.

- Groups for Children and Families meet weekly, Tuesday through Thursday evenings in Portland, Maine. Bereavement groups are also located in Sanford, Maine, which meet on Wednesday evenings. Groups for ages 3-6, 7-9, 10-13, 14-18 years and parents meet at the same time so the whole family can attend together. Volunteers incorporate art, music, talking, and play into their work with children.
- Young Adults Grief Group offers peer support in a small group setting for individuals ages 19-30 years who have experienced the death of a family member or friend. Groups meet weekly in Portland.
- Bereaved Parents Group is open to parents who have lost a child regardless of the child's age. Groups meet weekly in Portland.
- Young Widow, Widower & Partner Group offers peer support in a small group setting to individuals up to age 60 who have experienced the death of a spouse. Groups meet weekly in Portland.



### **CHANS Home Health & Hospice**

45 Baribeau Dr., Brunswick, ME 04011 Tel: (207) 729-6782

Bereavement Coordinator: Andy Sokoloff, LMSW [andrew.sokoloff@mainehealth.org](mailto:andrew.sokoloff@mainehealth.org)

(207) 721-1357 (office) (207) 844-4571 (work cell)

Chans Home Health and Hospice offers several different grief support groups including:

- Adult Grief (Loss of a spouse)
- Adult Grief (Loss of parent, sibling, grandparent)
- Survivors of Suicide/Untimely Loss (includes accident, overdose, homicide, prolonged substance abuse)
- Grieving Parents (loss of an adult child).

All groups meet twice a month and are offered at no cost to all. For further information and to register please call Andy.

*Also serving Lincoln and Sagadahoc counties.*

### **Hospice Of Southern Maine**

390 US-1, Scarborough, ME 04074

Tel: (207) 289-3640

Bereavement Services Manager: Kelly Blanchette

[Kelly.blanchette@hospiceofsouthernmaine.org](mailto:Kelly.blanchette@hospiceofsouthernmaine.org)

(207) 289-3674

- Non-clinical, individual support. Up to 6 sessions for adults, adolescents, and children. Held in Scarborough office, via phone, or Zoom. Serves York and Cumberland counties, as well as part of Oxford, (and depending on the circumstances, occasionally further.)
- General grief (and sometimes specific), closed groups held throughout the year for adults. Held in-person in Scarborough office, and online during winter months. Call Kelly for a brief intake prior to joining a group.
- Men's group. Monthly drop-in support group.
- Quarterly 2-hour Grief 101 programs for newly bereaved (up to 6 months from their loss). Provides education and supportive activities.

### **Northern Light Home Care & Hospice—Cumberland-York**

225 Gorham Road, Suite 200, South Portland 04106 Tel: (800) 757-3326

Contact: Linda Hopkins [hopkinsl@northernlight.org](mailto:hopkinsl@northernlight.org)

(207) 400-8714

- Grief support groups are held in-person and on Zoom throughout the year and may be attended by any member of the community grieving the death of a loved one. Groups are facilitated by trained staff and volunteers. There is no charge to attend.



### **Survivors of Suicide Loss Support Group, Portland.**

Contacts: Beth Rovak [brovnak59@gmail.com](mailto:brovnak59@gmail.com)  
Eric Jay Leeks [jjandjess@yahoo.com](mailto:jjandjess@yahoo.com)

Tel: (207) 233.3069  
(207) 523.0810

In person support groups held:

- 2<sup>nd</sup> & 4<sup>th</sup> Monday
- 1<sup>st</sup> & 3<sup>rd</sup> Wednesday

Please contact Beth or Eric for time and location.

See *Androscoggin Home Healthcare and Hospice (Androscoggin County)*.

See [Online Support Groups](#)

### **FRANKLIN COUNTY**

See *Androscoggin Home Healthcare and Hospice (Androscoggin County)*.

See [Online Support Groups](#)

### **HANCOCK COUNTY**

#### **Hospice Volunteers of Hancock County**

14 McKenzie Ave., Ellsworth, ME 04605  
Bereavement Coordinator: Paul McNulty

Tel: (207) 667-2531  
[info@hospiceofhancock.org](mailto:info@hospiceofhancock.org)

- Individual support with a trained Bereavement Volunteer as needed. Please call the office for more information.
- 8-week closed group held throughout the year, based on need. To be put on the mailing list for the next available group, email Paul at [info@hospiceofhancock.org](mailto:info@hospiceofhancock.org).

#### **Northern Light Home Care & Hospice—Hancock**

441 Main Street, Ellsworth, ME 04605

Grief support groups are held at various times throughout the year across the service area and may be attended by any member of the community grieving the death of a loved one. Groups are facilitated by trained staff and volunteers. For more information or to receive their grief support newsletter, please contact one of the bereavement coordinators by calling (800) 757-3326.

See [Online Support Groups](#)



## **KENNEBEC COUNTY**

### **Hospice Volunteers of Waterville Area**

*[NOTE: This information is per the Hospice Volunteers of Waterville Area website and has not been confirmed as of Jan. 19, 2024.]*

304 Main St., Waterville, ME 04901      Tel: (207) 873-3615      hospiceinfo@hvwa.org  
Drop-in and closed grief support groups as well as workshops

### **Maine General Hospice & Volunteers of Kennebec Valley**

Supervisor Bereavement and Volunteer Services: Loretta McNeil, M.Ed.

[loretta.mcneil@mainegeneral.org](mailto:loretta.mcneil@mainegeneral.org)      Tel: (207) 248-0427

- Survivors of Suicide Loss support group. 8-week group held as needed. (SOSL also attend the general support group.)
- General Loss Grief Support Group – 6 weeks – consecutive sessions. Groups are held ongoing throughout the year.
- Coping with Grief during Holidays. Held annually during the holiday season (one session)
- Annual Celebration of Lights/ Luminaria. Held in December.

All groups are free of charge. Pre-registration is required. For more information and to register please call: (207) 248 0427.

### **Northern Light Home Care & Hospice—Kennebec-Somerset**

325-D Kennedy Memorial Drive, Waterville, ME 04901

Grief support groups are held at various times throughout the year across the service area and may be attended by any member of the community grieving the death of a loved one. Groups are facilitated by trained staff and volunteers. For more information or to receive their grief support newsletter, please contact one of the bereavement coordinators by calling 1-800-757-3326.

See *Androscoggin Home Healthcare and Hospice (Androscoggin County)*.

See [Online Support Groups](#)



## **KNOX COUNTY**

### **Coastal Family Hospice Volunteers**

91 Camden St., Suite 408, Rockland, ME 04841      Tel: (207) 466-9444  
Contact: Rebecca JangDhari Brandes, Executive Director  
[coastalfamilyhospicevolunteers@gmail.com](mailto:coastalfamilyhospicevolunteers@gmail.com)

Bereavement services are provided for MaineHealth Care at Home Hospice patients and families as well as community members who are grieving

- Monthly drop in bereavement support group (peer facilitated); meets the first Monday of the month

Registration for the below bereavement services is required:

- Parents' bereavement group (Call office for information)
- One on one volunteer support (Call office for information)
- 8-week closed group which is held twice each year (Call office for information)

See [Online Support Groups](#)

## **LINCOLN COUNTY**

See *Androscoggin Home Healthcare and Hospice (Androscoggin County)*.

See *CHANS Home Health & Hospice (Cumberland County)*

See [Online Support Groups](#)

## **OXFORD COUNTY**

See *Androscoggin Home Healthcare and Hospice (Androscoggin County)*.

See *Hospice of Southern Maine (Cumberland County)*

See [Online Support Groups](#)



## **PENOBSCOT COUNTY**

### **Northern Light Home Care & Hospice—Penobscot**

885 Union Street, Northern Light Healthcare Mall, Suite 220, Bangor, ME 04401

Grief support groups are held at various times throughout the year across the service area and may be attended by any member of the community grieving the death of a loved one. Groups are facilitated by trained staff and volunteers. For more information or to receive their grief support newsletter, please contact one of the bereavement coordinators by calling 1-800-757-3326.

See *Pine Tree Hospice (Piscataquis County)*

See [Online Support Groups](#)

## **PISCATAQUIS COUNTY**

### **Pine Tree Hospice**

883 West Main St., Dover-Foxcroft, ME 04426

Tel: (207) 802-8078

Contact: Kristen Wortman, Executive Director

- Periodic 6-wk closed general grief support groups for adults. Call the office for more information.

*Also serving surrounding areas including parts of Somerset and Penobscot Counties.*

See [Online Support Groups](#)

## **SAGadahoc COUNTY**

See *Androscoggin Home Healthcare and Hospice (Androscoggin County)*.

See *CHANS Home Health & Hospice (Cumberland County)*

See [Online Support Groups](#)

## **SOMERSET COUNTY**

### **Hospice Volunteers of Somerset County**

165 Madison Ave, Skowhegan, ME 04976

Tel: (207) 474-7775

Contact: Amy Cunningham, Program Director

[volunteer@hvosc.org](mailto:volunteer@hvosc.org)

- One-to-one grief support is available in the office or in the community.
- Specialized closed grief support groups are held four times each year.

For more information or to register for a free group, please call (207) 474-7775 or email [Volunteer@hvosc.org](mailto:Volunteer@hvosc.org)





### Northern Light Home Care & Hospice—Kennebec-Somerset

325-D Kennedy Memorial Drive, Waterville, ME 04901

Grief support groups are held at various times throughout the year across the service area and may be attended by any member of the community grieving the death of a loved one. Groups are facilitated by trained staff and volunteers. For more information or to receive their grief support newsletter, please contact one of the bereavement coordinators by calling 1-800-757-3326.

See *Androscoggin Home Healthcare and Hospice (Androscoggin County)*.

See *Pine Tree Hospice (Piscataquis County)*

See [Online Support Groups](#)

## WALDO COUNTY

### Hospice Volunteers of Waldo County

275 High St., Belfast, ME 04915

Tel: (207) 505-4434

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

Program and Bereavement Director: Flic Shooter

- Individual support with a trained Bereavement Volunteer as needed.
- In person groups held as the need arises

Please call the office for more information.

See [Online Support Groups](#)

## WASHINGTON COUNTY

### Down East Hospice Volunteers of Washington County

*[NOTE: This information is per the Down East Hospice Volunteers of Washington County website and has not been confirmed as of Jan. 19, 2024.]*

24 Hospital Lane, Calais, Maine 04619

11 Hospital Drive, Machias, Maine 04654

Tel: (207) 454-7521 Ext. 126

- In-Person Bereavement Follow-Up: Please reach out to our office: 454-7521 ext. 9126 or by email: [downeasthospice@yahoo.com](mailto:downeasthospice@yahoo.com) for more information.

See [Online Support Groups](#)





## **YORK COUNTY**

### **Compassionate Friends. York**

Contact: Hal Muller Tel: (978) 225-0301 [hal@tcfyork.org](mailto:hal@tcfyork.org)  
Karen Muller Tel: (631) 682-4612 [info@tcfyork.org](mailto:info@tcfyork.org)

Compassionate Friends is an open support group for child/grandchild/sibling Loss.

- In-person meetings are held the 2nd Tuesday of each month, 7-8PM at Wells Public Library at 1434 Post Rd, Wells
- Zoom meetings are held on the 4th Tuesday of every month at 6:30PM

Preregistration is required. Please contact Hal or Karen Muller to register and to get further information.

### **Northern Light Home Care & Hospice—Cumberland-York**

225 Gorham Road, Suite 200, South Portland, ME 04106 Tel: (800) 757-3326

Contact: Linda Hopkins [hopkinsl@northernlight.org](mailto:hopkinsl@northernlight.org) (207) 400-8714

- Grief support groups are held in-person and on Zoom throughout the year and may be attended by any member of the community grieving the death of a loved one. Groups are facilitated by trained staff and volunteers. There is no charge to attend.

*See Androscoggin Home Healthcare and Hospice (Androscoggin County).*

*See Hospice of Southern Maine (Cumberland County)*

See [Online Support Groups](#)



## 2024 ONLINE GRIEF SUPPORT GROUPS BY CATEGORY

(Note: ET = Eastern Time)

*\*The Maine CDC and NAMI Maine do not recommend any particular online group over another. Group attendance and participation is a personal choice. Consider contacting the provider to learn specifics about their group and to ask any questions you might have.*

### Groups for Teens and Young Adults

#### Coping After Suicide: Teens 13 – 16

Steven Karaiskos                      [stevenjkaraiskos@gmail.com](mailto:stevenjkaraiskos@gmail.com)

This online grief support group for teens is held in 10-session cycles (January-April, May-August, September-December) and there's a **fee** to register. The group meets on Tuesdays, from 5—6:30 pm (ET)

This group is national in scope and limited in size. A brief intake conversation and registration is required so just email the facilitator to set up a time to talk. **NOTE:** some groups may not take place during every cycle and occasionally the day/time will change. Please check the website to confirm.

#### Coping After Suicide: Twentysomethings

Steven Karaiskos                      [stevenjkaraiskos@gmail.com](mailto:stevenjkaraiskos@gmail.com)

This online grief support group for teens is held in 10-session cycles (January-April, May-August, September-December) and there's a **fee** to register. The group meets on Tuesdays, from 5—6:30 pm (ET)

This group is national in scope and limited in size. A brief intake conversation and registration is required so just email the facilitator to set up a time to talk. **NOTE:** some groups may not take place during every cycle and occasionally the day/time will change. Please check the website to confirm.

- Twentysomethings-A: Tuesdays 7-8:30 pm ET  
Facilitator: Steve Karaiskos ([stevenjkaraiskos@gmail.com](mailto:stevenjkaraiskos@gmail.com))
- Twentysomethings-B: Mondays 7-8:30 pm ET  
Facilitator: Steve Karaiskos ([stevenjkaraiskos@gmail.com](mailto:stevenjkaraiskos@gmail.com))

#### Loving Outreach to Survivors of Suicide (LOSS). Sponsored by Catholic Charities of Chicago.

This is a virtual support group based out of Chicago for anyone between the ages of **18-30** who has lost someone to suicide. The group is held on the 2<sup>nd</sup> Thursday of each month starting at 6 p.m. CT (**7 p.m. ET**).

A brief phone intake for virtual support groups is required, and any Interested persons can reach LOSS at [loss@catholiccharities.net](mailto:loss@catholiccharities.net) or (312) 655-7283.

#### Young Adults Grief Support Group (Sponsored by HeartLight Center).

(720) 748-9908                      [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

This group is for specifically for individuals **18-25** years old who have experienced a death loss – regardless of relationship or cause of death. Will meet on the third Monday of the month at 6pm MT (**8pm ET**) on Zoom, starting in March 2024

Registration is required and closes 24 hours prior to the group time.



## Groups for Adults

### Alliance of Hope for Suicide Loss Survivors

Community Forum for adults. *“The Alliance of Hope free online forum transcends time and distance, offering a culture of kindness, hope, and understanding to people who have lost loved ones to suicide. Operating like a 24/7 support group, our forum is supervised by a mental health professional and moderated by a trained team of loss survivors. Members can read and comment, share their stories, and connect with other suicide loss survivors.*

*Our forum hosts more than 23,000 members. We are a diverse community, linked by our humanity and our shared experience of what it means to lose a loved one to suicide.”*

### Androscoggin Home Healthcare and Hospice

15 Strawberry Ave, Lewiston, ME 04240 Tel: (207) 777-7740 or (800) 482-7412

Bereavement Coordinator: Amy Dulac [bereavement@androscoggin.org](mailto:bereavement@androscoggin.org) (207) 795-9468

- 8-week Adult General Grief Groups, in-person and online;
- Poetry as a Path to Wellness. 8-week online group

### Compassionate Friends.

*“The Compassionate Friends offers ‘virtual chapters’ through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you’re experiencing. There are general bereavement sessions as well as more specific sessions.”*

- Support groups are held daily, with one dealing specifically with suicide loss on Sundays at 8 p.m. ET. [Online Support - Compassionate Friends](#)

### Coping After Suicide

The following groups are held in 10-session cycles (January-April, May-August, September-December) and there's a **fee** to register. This group is national in scope and limited in size. A brief intake conversation is required so just email the facilitator to set up a time to talk.

**NOTE:** some groups may not take place during every cycle and occasionally the day/time will change. Please check the website to confirm.

- Adults Who've Lost a Parent-A: Wednesdays 7:30-9 pm Eastern  
Facilitator: Steve Karaiskos ([stevenjkaraiskos@gmail.com](mailto:stevenjkaraiskos@gmail.com))
- Adults Who've Lost a Parent-B: Tuesdays 6:30-8 pm Eastern  
Facilitator: Kim Burditt ([kimburditt46@gmail.com](mailto:kimburditt46@gmail.com))
- Breakfast Club-A (morning group for survivors of any suicide loss): Thursdays 7:30-9 am ET  
Facilitator: Marianne Reid Schrom ([mar.schrom@gmail.com](mailto:mar.schrom@gmail.com))
- Breakfast Club-B (morning group for survivors of any suicide loss): Thursdays 10-11:30 am ET  
Facilitator: Marianne Reid Schrom ([mar.schrom@gmail.com](mailto:mar.schrom@gmail.com))



- Continuing Journey (if your loss was 3+ years ago this is another option for you): Mondays 7-8:30 pm ET  
Facilitator: Joan Hoff ([joanshoff2020@gmail.com](mailto:joanshoff2020@gmail.com))
- Multiple Losses (if you've had more than one suicide loss this is another option for you):  
Tuesdays 7-8:30 pm ET  
Facilitator: Georgena Eggleston ([georgena.eggleston@gmail.com](mailto:georgena.eggleston@gmail.com))

### **Facing the Mourning.** (Sponsored by HeartLight Center)

(720) 748-9908      [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

- Based in Colorado, Facing the Mourning is a 4-session interactive support group designed to help with the grieving process by using visual and thought-provoking tools. During the sessions, the participants share their story, build memorials, compose letters, write in journals and develop goals with milestones. Designed for all types of losses, individuals, and family members. The fee as of January 2024 is \*\$65 per participant and includes the Facing the Mourning participant manual.

### **Friends for Survival**

Toll Free: (800) 646-7322

Friends for Survival, based out of California, offers several online support groups on different days and times. There are open groups, groups for moms, groups for men, and groups for partners/spouse. Pre-registration required. Same-day registration closes at 9am PT (**12 noon ET**). (In addition to the open groups listed below, see *specific category and/or visit website.*)

- There are three virtual Open Grief Support Groups that are open to all loss survivors.
  - Second Monday of each month at 3pm PT (**6pm ET**).
  - Third Wednesday of each month at 4pm PT (**7pm ET**).
  - Fourth Wednesday of each month at 7pm PT (**10pm ET**).

### **HeartLight Center Virtual Programs for Grief Support**

(720) 748-9908      [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

HeartLight Center, based out of Colorado, offers several online workshops and support groups on different days and times. There are groups for survivors of suicide, young adults, LGBTQIA+, sudden loss, substance-related death, loss of child, loss of parent, loss of partner, and general grief support groups. Registration is required and closes 24 hours prior to the group time. (*In addition to the list below, see specific category and/or visit website.*)

- Suicide Loss Grief Support. This is an ongoing support group open to adults who have experienced a loss due to suicide. The group meets the second Thursday of the month at 7pm MST (**9pm ET**).
- Sudden Loss Grief Support Group. This group is for individuals who experienced an unexpected, sudden, traumatic loss (including but not limited to accidental death, suicide, homicide, etc). Will meet on the fourth Tuesday of the month at 6:30pm MST (8:30pm ET) on Zoom starting in March 2024. \*Please note: This group is not appropriate for individuals currently dealing with substance abuse.



- **Loss to Substance Use/Abuse/Overdose Support Group.** This group is for adult individuals who have experienced a death loss where substance use, abuse or overdose were part of the life/death narrative. The group meets on the fourth Thursday of the month at 7pm MST **(9pm ET)**.  
\*Please note: This group is not appropriate for individuals currently dealing with substance abuse.
- **Loss of a Child Support & Book Club.** This virtual grief support group is for bereaved parents, grandparents, and caregivers who have experienced the death of a child at any age and for any reason. The group discusses various books and topics specific to loss of a child. You are not required to read the book in order to attend the group. The group meets the 1st Thursday of the month at 5pm MST **(7pm ET)** on Zoom.
- **Loss of a Parent(s) Support Group.** This is an ongoing virtual grief support group for those who have experienced the death of a parent(s). The group meets on the 1st Monday of the month at 7pm MST **(9pm ET)**.
- **Growing Through Grief.** This ongoing general grief support group is open to anyone who has experienced a death. The group learns about the grief process and connects with others. This can be a helpful group if you are newly bereaved and/or new to HeartLight but is open to all at any point on your grief journey. There are two meeting times for this group:
  - First Wednesday of the month at 7pm MST **(9pm ET)**
  - Third Tuesday of the month at 4pm MST **(6pm ET)**.

### **Hospice Of Southern Maine**

Bereavement Services Manager: Kelly Blanchette

[Kelly.blanchette@hospiceofsouthernmaine.org](mailto:Kelly.blanchette@hospiceofsouthernmaine.org) (207) 289-3674

- Non-clinical, individual support. Up to 6 sessions for adults, adolescents, and children. Held in Scarborough office, via phone, or Zoom. Serves York and Cumberland counties, as well as part of Oxford, (and depending on the circumstances, occasionally further.)
- General grief (and sometimes specific), closed groups held throughout the year for adults. Held in-person in Scarborough office, and online during winter months. Call Kelly for a brief intake prior to joining a group.

### **Hope for Survivors.** Sponsored by Omaha ForUs

Contact: Martha Wells [marthawellsne@gmail.com](mailto:marthawellsne@gmail.com)

This group is for adults who identify as LGBTQIA+ and is held on the 3<sup>rd</sup> Thursday of each month from 6-7:30 p.m. CT **(7-8:30 p.m. ET)**

### **Loving Outreach to Survivors of Suicide (LOSS).** Sponsored by Catholic Charities of Chicago.

- There are three virtual support groups for any adult who has lost someone to suicide.
  - 2<sup>nd</sup> Tuesday of each month starting at 7 p.m. CT **(8 p.m. ET)**
  - 3<sup>rd</sup> Tuesday of each month starting at 6 p.m. CT **(7 p.m. ET)**
  - 4<sup>th</sup> Thursday of each month starting at 7 p.m. CT **(8 p.m. ET)**



- There is one Spanish-speaking group on the 2nd Tuesday of each month starting at 5 p.m. CT (**6 p.m. ET**)

A brief phone intake for virtual support groups is required, and any interested persons can reach LOSS at [loss@catholiccharities.net](mailto:loss@catholiccharities.net) or (312) 655-7283.

**Moving Forward SOSL support group.** Sponsored by Heywood Healthcare

TJ Sweeney [timothy.sweeney@heywood.org](mailto:timothy.sweeney@heywood.org) (978) 846-8201

Cheryl Boissy [cheryl.boissy@heywood.org](mailto:cheryl.boissy@heywood.org)

This group meets continuously throughout the year on the 3<sup>rd</sup> Wednesday of each month at 7:00pm (ET).

The link to the group can be found on their website: [Moving Forward – The "S" Word \(wordpress.com\)](http://Moving Forward – The )

**New Survivors of Suicide Loss support group.** (Sponsored by Frontline Crisis Response Solutions).

(214) 865-6710 [virtualsosgroups@gmail.com](mailto:virtualsosgroups@gmail.com)

Frontline Crisis Response Solutions, based out of Texas, offers a free trauma and grief support group for new survivors of suicide loss (within 3 years of loss) on the 4th Tuesday of each month from 7-8:30 p.m. CT (**8-9:30 p.m. ET**). Groups are facilitated by a peer as well as a mental health professional. Registration is required.

**Survivors of Suicide Loss support groups** (Sponsored by NAMI NH)

Facilitator: Steve Boczenowski

- Friday Coffee Chat 2<sup>nd</sup> Friday 9-10 a.m. ET
- Tuesday Tea 4<sup>th</sup> Tuesday, 6-7 p.m. ET

Contact Steve through the link on the website to register.

## **Groups for Parents**

### **Compassionate Friends.**

*The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats). This program was established to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child. The rooms supply support, encouragement, and friendship. The friendly atmosphere encourages conversation among friends; friends who understand the emotions you’re experiencing. There are general bereavement sessions as well as more specific sessions.*

Support groups are held daily, with one dealing specifically with suicide loss on Sundays at 8 p.m. ET.

[Online Support - Compassionate Friends](#)





### Compassionate Friends. York

Contact: Hal Muller Tel: (978) 225-0301 [hal@tcfyork.org](mailto:hal@tcfyork.org)  
Karen Muller Tel: (631) 682-4612 [info@tcfyork.org](mailto:info@tcfyork.org)

Compassionate Friends is an open support group for child/grandchild/sibling Loss.

- Zoom meetings are held on the 4th Tuesday of every month at 6:30PM

Preregistration is required. Please contact Hal or Karen Muller to register and to get further information.

### Loss of a Child Support & Book Club (Sponsored by HeartLight Center).

(720) 748-9908 [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

Based out of Colorado, this virtual grief support group is for bereaved parents, grandparents, and caregivers who have experienced the death of a child at any age and for any reason. The group discusses various books and topics specific to loss of a child. You are not required to read the book in order to attend the group. The group meets the 1st Thursday of the month at 5pm MST (**7pm ET**) on Zoom.

Registration is required and closes 24 hours prior to the group time.

### Loving Outreach to Survivors of Suicide (LOSS). Sponsored by Catholic Charities of Chicago.

There are two virtual support groups for any parent who has lost a child to suicide.

- 3<sup>rd</sup> Thursday of each month starting at 6 p.m. CT (**7 p.m. ET**)
- 3<sup>rd</sup> Thursday of each month starting at 7 p.m. CT (**8 p.m. ET**)

A brief phone intake for virtual support groups is required, and any interested persons can reach LOSS at [loss@catholiccharities.net](mailto:loss@catholiccharities.net) or (312) 655-7283.

## Groups for Men/Fathers

### Coping After Suicide

The following groups are held in 10-session cycles (January-April, May-August, September-December) and there's a **fee** to register. This group is national in scope and limited in size. A brief intake conversation is required so just email the facilitator to set up a time to talk. **NOTE:** some groups may not take place during every cycle and occasionally the day/time will change. Please check the website to confirm.

Fathers (who've lost a child): Tuesdays 7-8:30 pm ET

Facilitator: Don Lipstein ([don.lipstein@gmail.com](mailto:don.lipstein@gmail.com))

- Men's Group (who've lost any loved one to suicide): Wednesdays 7-8:30 pm ET  
Facilitator: Don Lipstein ([don.lipstein@gmail.com](mailto:don.lipstein@gmail.com))





### [Grieving Men Group](#) (Sponsored by Friends for Survival)

Toll Free: (800) 646-7322

Based out of California, this virtual grief support group is just for men, with any type of loss by suicide, and is held on the 1<sup>st</sup> Tuesday of the month at 5:30 pm PT **(8:30pm ET)**.

Pre-registration is required through the website.

## Groups for Mothers

### [Coping After Suicide](#)

The following groups are held in 10-session cycles (January-April, May-August, September-December) and there's a **fee** to register. This group is national in scope and limited in size. A brief intake conversation is required so just email the facilitator to set up a time to talk. **NOTE:** some groups may not take place during every cycle and occasionally the day/time will change. Please check the website to confirm.

- Mothers-A (who've lost a child): Sundays 7-8:30 pm ET  
Facilitator: Georgena Eggleston ([georgena.eggleston@gmail.com](mailto:georgena.eggleston@gmail.com))
- Mothers-B (who've lost a child): Tuesdays 4-5:30 pm ET  
Facilitator: Georgena Eggleston ([georgena.eggleston@gmail.com](mailto:georgena.eggleston@gmail.com))
- Mothers-C (who've lost a child): Tuesdays 7-8:30 pm Eastern  
Facilitator: Georgena Eggleston ([georgena.eggleston@gmail.com](mailto:georgena.eggleston@gmail.com))

### [Grieving Moms Group](#) (Sponsored by Friends for Survival)

Toll Free: (800) 646-7322

Based out of California, these virtual grief support groups are for mothers who have lost a child. There is a special breakout room for moms who have lost their only child.

Pre-registration is required through the website.

- Grieving Moms Group #1: held on the 1<sup>st</sup> Thursday of each month at 6:30 pm PT **(9:30pm ET)**.
- Grieving Moms Group #2: held on the 3<sup>rd</sup> Thursday of each month at 3:00 pm PT **(6:00pm ET)**.



## Groups for Siblings

### Compassionate Friends. York

Contact: Hal Muller Tel: (978) 225-0301 [hal@tcfyork.org](mailto:hal@tcfyork.org)  
Karen Muller Tel: (631) 682-4612 [info@tcfyork.org](mailto:info@tcfyork.org)

Compassionate Friends is an open support group for child/grandchild/sibling Loss.

- Zoom meetings are held on the 4th Tuesday of every month at 6:30PM

Preregistration is required. Please contact Hal or Karen Muller to register and to get further information.

### Coping After Suicide

Facilitator: Marianne Reid Schrom ([mar.schrom@gmail.com](mailto:mar.schrom@gmail.com))

The group is for siblings who have those who have died by suicide. The groups are held on Thursdays, 6:30—8 p.m. ET in 10-session cycles (January-April, May-August, September-December) and there's a **fee** to register. This group is national in scope and limited in size. A brief intake conversation is required so just email the facilitator to set up a time to talk. **NOTE:** some groups may not take place during every cycle and occasionally the day/time will change. Please check the website to confirm.

## Groups for Spouses and Partners

### Coping After Suicide

The following groups are held in 10-session cycles (January-April, May-August, September-December) and there's a **fee** to register. This group is national in scope and limited in size. A brief intake conversation is required so just email the facilitator to set up a time to talk. **NOTE:** some groups may not take place during every cycle and occasionally the day/time will change. Please check the website to confirm.

- Spouses, Partners, and Significant Others-A: Tuesdays 12-1:30 pm ET  
Facilitator: Joan Hoff ([joanshoff2020@gmail.com](mailto:joanshoff2020@gmail.com))
- Spouses, Partners, and Significant Others-B: Tuesdays 7-8:30 pm ET  
Facilitator: Joan Hoff ([joanshoff2020@gmail.com](mailto:joanshoff2020@gmail.com))

### Loss of Spouse/Partner Support Group (Sponsored by HeartLight Center).

(720) 748-9908 [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

Based out of Colorado, this group provides support and education for people who have experienced the death of a spouse, partner, or significant other. Whether your loss is recent or years ago, you are welcome to spend an evening with others who are on a similar journey. Meets the 2nd Wednesday of the month at 6pm MST (**8pm ET**).

Registration is required and closes 24 hours prior to the group time.



**Loving Outreach to Survivors of Suicide (LOSS)**. Sponsored by Catholic Charities of Chicago. This is a virtual support group based out of Chicago for anyone who has lost a spouse/partner/significant other to suicide. The group is held on the 2<sup>nd</sup> Wednesday of each month starting at 7 p.m. CT. A brief phone intake for virtual support groups is required, and any interested persons can reach LOSS at [loss@catholiccharities.net](mailto:loss@catholiccharities.net) or (312) 655-7283.

**Spouse & Partner Group** (Sponsored by Friends for Survival)

Toll Free: (800) 646-7322

Based out of California, this virtual grief support group is for anyone who has lost a spouse or partner and is held on the 2<sup>nd</sup> Thursday of the month at 6:00 pm PT **(9:00pm ET)**.

Pre-registration is required through the website.

## **Groups for Those Who Identify as LGBTQIA+**

**Hope for Survivors**. Sponsored by Omaha ForUs

Contact: Martha Wells [marthawellsne@gmail.com](mailto:marthawellsne@gmail.com)

This group is for adults who identify as LGBTQIA+ and is held on the 3<sup>rd</sup> Thursday of each month from 6-7:30 p.m. CT **(7-8:30 p.m. ET)**

**LGBTQ+ Grief Support Group** (Sponsored by HeartLight Center).

(720) 748-9908 [info@heartlightcenter.org](mailto:info@heartlightcenter.org)

Based out of Colorado, this group is specifically for members of the LGBTQIA+ community who are grieving the loss of a loved one, whether that's a friend, family member, or a member of found family. Discussions of grief in this group will also include challenges related to grieving as an LGBTQIA+ individual. The group meets the 2<sup>nd</sup> Monday of each month 5-6:30pm MST **(7-8:30pm ET)** on Zoom. Registration is required and closes 24 hours prior to the group time.

## **Groups Held in Spanish**

**Loving Outreach to Survivors of Suicide (LOSS)**. Sponsored by Catholic Charities of Chicago.

This is a virtual support group based out of Chicago for adults who have lost someone to suicide. The group is held in Spanish and meets on the 2<sup>nd</sup> Tuesday of each month starting at 5 p.m. CT **(6 p.m. ET)**

A brief phone intake for virtual support groups is required, and any interested persons can reach LOSS at [loss@catholiccharities.net](mailto:loss@catholiccharities.net) or (312) 655-7283.



## **Groups for Families of First Responders**

### **STAR: Suicide Trauma and Recovery**

Alicja Bochenek-Schultz

[abochenek@catholiccharities.net](mailto:abochenek@catholiccharities.net)

This group is for the families of *first responders* (police, firefighters, etc.) who have died by suicide. The group meets via Zoom every 1st Tuesday of the month at 6 p.m. CT (**7 p.m. ET**)  
A brief telephone intake is required. Please contact Alicja if you would like to join.