



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

IN-PERSON SUPPORT GROUPS BY COUNTY

ANDROSCOGGIN COUNTY

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 (207) 795-9468
Children & Teens:

- 10-week support group;
- Camp Dragonfly. 1-day retreat for children and teens ages 6 to 17

Adults:

- 8-week Adult General Grief Groups, in-person and online;
- Restorative Retelling Grief Support Group (Adult Family Members Suffering from Traumatic Grief)
- Poetry as a Path to Wellness. 8-week online group

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

- In-person support group held on the 2nd Wednesday of each month at 6 p.m.
- Online support group held the 4th Thursday of each month at 6 p.m. Contact Lena to receive an email invite.

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

- 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

CHANS Home Health & Hospice

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

Bereavement Coordinator: Andy Sokoloff, LMSW asokoloff@midcoasthealth.com
(207) 721-1357

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

- Adult Grief
- Survivors of Suicide/Untimely Loss
- Grieving Parents (loss of an adult child).

All groups 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

(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 (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 Tel: (207) 233.3069
Eric Jay Leeks ijandjess@yahoo.com (207) 523.0810

In person support groups held:

- 2nd & 4th Monday
- 1st & 3rd 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 Tel: (207) 667-2531
Bereavement Coordinator: Paul McNulty 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.



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 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

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
Contact: Amy Cunningham, Program Director

Tel: (207) 474-7775
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

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
Program and Bereavement Director: Flic Shooter

hvowc1@gmail.com

- 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
Tel: (207) 454-7521 Ext. 126

11 Hospital Drive, Machias, Maine 04654

- In-Person Bereavement Follow-Up: Please reach out to our office: 454-7521 ext. 9126 or by email: downeathospice@yahoo.com for more information.

See [Online](#) Support Groups

YORK COUNTY

Northern Light Home Care & Hospice—Cumberland-York

225 Gorham Road, Suite 200, South Portland, ME 04106
Contact: Linda Hopkins hopkinsl@northernlight.org

Tel: (800) 757-3326
(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: EST = Eastern Standard 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

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 2nd Thursday of each month starting at 6 p.m. CST (**7 p.m. EST**).

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

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

(720) 748-9908 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 MST (**8pm EST**) 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 (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. EST. [Online Support - Compassionate Friends](#)
- [TCF of Lewiston Maine - Compassionate Friends in Auburn, ME](#) also offers an online group held the 4th Thursday of each month at 6 p.m. Contact Lena to receive an email invite. (207) 713-7774 Lenahann33@gmail.com

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.

- Breakfast Club-A (morning group for survivors of any suicide loss): Thursdays 7:30-9 am EST
Facilitator: Marianne Reid Schrom (mar.schrom@gmail.com)
- Breakfast Club-B (morning group for survivors of any suicide loss): Thursdays 10-11:30 am EST
Facilitator: Marianne Reid Schrom (mar.schrom@gmail.com)
- Continuing Journey (if your loss was 3+ years ago this is another option for you): Mondays 7-8:30 pm EST
Facilitator: Joan Hoff (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 EST
Facilitator: Georgena Eggleston (georgena.eggleston@gmail.com)

Facing the Mourning. (Sponsored by HeartLight Center)

(720) 748-9908 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 EST**). (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 EST**).
 - Third Wednesday of each month at 4pm PT (**7pm EST**).
 - Fourth Wednesday of each month at 7pm PT (**10pm EST**).

HeartLight Center Virtual Programs for Grief Support

(720) 748-9908 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 EST**).
- 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 EST) 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 EST**).
 - *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 EST**) 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 EST**).
- 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 EST**)
 - Third Tuesday of the month at 4pm MST (**6pm EST**).



Hospice Of Southern Maine

Bereavement Services Manager: Kelly Blanchette

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

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

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.
 - 2nd Tuesday of each month starting at 7 p.m. CST **(8 p.m. EST)**
 - 3rd Tuesday of each month starting at 6 p.m. CST **(7 p.m. EST)**
 - 4th Thursday of each month starting at 7 p.m. CST **(8 p.m. EST)**
- There is one Spanish-speaking group on the 2nd Tuesday of each month starting at 5 p.m. CST **(6 p.m. EST)**

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

Moving Forward SOSL support group. Sponsored by Heywood Healthcare

TJ Sweeney timothy.sweeney@heywood.org

(978) 846-8201

Cheryl Boissy cheryl.boissy@heywood.org

This group meets continuously throughout the year on the 3rd Wednesday of each month at 7:00pm (EST). The link to the group can be found on their website: [Moving Forward – The "S" Word \(wordpress.com\)](https://movingforwardthesword.wordpress.com)

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

(214) 865-6710 virtualsoigroups@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. CST **(8-9:30 p.m. EST)**. 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 2nd Friday 9-10 a.m. EST
- Tuesday Tea 4th Tuesday, 6-7 p.m. EST

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. EST.

[Online Support - Compassionate Friends](#)

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

(720) 748-9908 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 EST**) 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.

- 3rd Thursday of each month starting at 6 p.m. CST (**7 p.m. EST**)
- 3rd Thursday of each month starting at 7 p.m. CST (**8 p.m. EST**)

A brief phone intake for virtual support groups is required, and any interested persons can reach LOSS at 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.

- Fathers (who've lost a child): Tuesdays 7-8:30 pm EST
Facilitator: Don Lipstein (don.lipstein@gmail.com)
- Men's Group (who've lost any loved one to suicide): Wednesdays 7-8:30 pm EST
Facilitator: Don Lipstein (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 1st Tuesday of the month at 5:30 pm PT **(8:30pm EST)**.

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.

- Mothers-A (who've lost a child): Sundays 7-8:30 pm EST
Facilitator: Georgena Eggleston (georgena.eggleston@gmail.com)
- Mothers-B (who've lost a child): Tuesdays 4-5:30 pm EST
Facilitator: Georgena Eggleston (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 1st Thursday of each month at 6:30 pm PT **(9:30pm EST)**.
- Grieving Moms Group #2: held on the 3rd Thursday of each month at 3:00 pm PT **(6:00pm EST)**.



Groups for Siblings

Coping After Suicide

Facilitator: Marianne Reid Schrom (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. EST 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.

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.

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

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

(720) 748-9908 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 EST**).

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 2nd Wednesday of each month starting at 7 p.m. CST.

A brief phone intake for virtual support groups is required, and any interested persons can reach LOSS at 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 2nd Thursday of the month at 6:00 pm PT (**9:00pm EST**).

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

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

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

(720) 748-9908 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 2nd Monday of each month 5-6:30pm MST (**7-8:30pm EST**) 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 2nd Tuesday of each month starting at 5 p.m. CST (**6 p.m. EST**)

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

Groups for Families of First Responders

STAR: Suicide Trauma and Recovery

Alicja Bochenek-Schultz 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. CST (**7 p.m. EST**)

A brief telephone intake is required. Please contact Alicja if you would like to join.