

# **GRIEF SUPPORT GROUPS**

## **Halifax Regional Municipality**

### **Palliative Care Grief Support Group**

Contact: Roy Ellis (902) 473-1622

Sessions are held from September to March. There are no set times as to when they are held; people call, are fit in and then when there are enough people the session is held.

### **Alex's Safe Harbour: Children/Parents/Families**

Contact: Trish Dominic (902) 448-8396

Groups are open and ongoing from September to June. Go to their website at [www.alexssafeharbour.com](http://www.alexssafeharbour.com) for information on their support groups.

### **DGH Grief Support Group**

Contact: Patricia O'Halloran (902) 465-8472

Contact: Rosemary Brennan (902) 460-4143

Sessions are held in the spring and fall by registration only.

### **IWK Bereaved Parent Support Group**

Contact: Jenny MacDougall or Pam Belliveau (902) 470-8149

For those who have lost a newborn pre or postnatal.

Sessions are held in the fall, winter and spring with a maximum of six or seven couples.

### **Hospice Halifax/ Bedford Drop-In Groups**

Contact: Hospice Office (902) 446-0929

There are Bereavement Group meetings on the first and third Saturday of the month from 10:00 to 11:30 AM.

### **Widows in Self-Help (WISH) Halifax**

Contact: Mary Holland (902) 443-1486

For those who have lost a life partner.

The meetings are held on the first and third Saturday of each month from 10:00 AM to 12:00 noon in the Sobeys Community Room at the Halifax Shopping Centre, West End Mall.

### **St. Andrews Grief Support Group - Eastern Passage**

Contact: Susan Duggan (902) 465-7873

She is starting her 16<sup>th</sup> group since she retired in 2007.

Sessions are held twice a year in March and September.

### **St. John Vianney Grief Group - Sackville**

Contact: Judith Fraser (902) 864-2778

Meetings are on the third Wednesday of each month from September to June. It is an hour-long chat group for those who have lost loved ones (but not from suicide).

### **Survivors of Suicide**

Contact: George Tomie (902) 445-0860

They have help lines and e-mail support groups. Go to their website at [www.sos-novascotia.com](http://www.sos-novascotia.com) for information.

### **Mothers of Angels - Fall River**

Contact: Nancy Weatherhead (902) 632-2539

The group is for those who have lost a child.

The meetings are held the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month from 10:30 AM to 12:00 noon at the Fall River Baptist Church. For more information, go to their website at [www.mothersofangels.ca](http://www.mothersofangels.ca).

### **GriefShare - Hatchet Lake**

Contact: Rev. Cheryl Rafuse (902) 852-4580

The support groups meet every Thursday from 7:00 to 9:00 PM at St. Timothy's Anglican Church in Hatchet Lake.

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### **Nova Scotia**

### **Colchester East Hants Hospice Society - Truro**

Contact: Janet Allen (902) 893-3265

[www.cehhospice.org](http://www.cehhospice.org)

They do one-on-one counseling.

### **Mothers of Angels - Bridgewater**

Contact: Patty Morrow (902) 543-4230

The group is for those who have lost a child.

The meetings are being held once a month throughout the winter, and in the spring they will look at going back to two meetings a month. They are held on the first Sunday of the month from 2:00 to 3:30 PM at the Bridgewater Baptist Church. For more information, go to their website at [www.mothersofangels.ca](http://www.mothersofangels.ca).

### **Friends in Bereavement - Kentville**

Contact: Jennifer Longley (902) 681-8239

Meetings are the first and third Tuesday each month from 2:00 to 4:00 PM at the Kentville Baptist Church (parking lot entrance to the left).

### **Friends in Bereavement - Berwick**

Contact: Jennifer Longley (902) 681-8239

Meetings are the first and third Tuesday each month from 10:00 AM to 12:00 noon at the WKM Health Centre - VON Adult Day Program Room (main floor).

**Friends in Bereavement - Bridgetown**

Contact: Jennifer Longley (902) 681-8239  
Meetings are the second and fourth Tuesdays each month from 2:00 to 4:00 PM at the Bridgetown Baptist Church (back entrance).

**Healing and Hope – Cumberland County**

Contact: Terry Lynn Smith (902) 667-5400 ext 6428  
Contact: Sharon Skinner (902) 667-5400 ext 6344  
Meetings are held twice a year, in the spring and fall.

**Bereaved Families of Cape Breton –  
Sydney Mines Support & Share Grief Group**

Contact: Terry Lynn Smith (902) 564-6795  
Contact: Coordinator Amy Thompson  
Meetings are held the first Thursday of each month from 7:00 to 9:00 PM at the Miner's Memorial Manor, 16 Lorne St.  
For more information, go to their website at [www.bfocb.ca](http://www.bfocb.ca).

**Bereaved Families of Cape Breton –  
Sydney Support & Share Grief Group**

Contact: Terry Lynn Smith (902) 564-6795  
Contact: Coordinator Amy Thompson  
Meetings are held the second Tuesday of each month from 7:00 to 9:00 PM at Father John Capstick Centre, 188 George St.  
For more information, go to their website at [www.bfocb.ca](http://www.bfocb.ca).

**Bereaved Families of Cape Breton –  
New Waterford Support & Share Grief Group**

Contact: Terry Lynn Smith (902) 564-6795  
Contact: Coordinator Amy Thompson  
Meetings are held the third Wednesday of each month from 7:00 to 9:00 PM at St. Leonard's Pastoral Centre, 5310 Union Highway, River Ryan.  
For more information, go to their website at [www.bfocb.ca](http://www.bfocb.ca).

**Bereaved Families of Cape Breton –  
Glace Bay Support & Share Grief Group**

Contact: Terry Lynn Smith (902) 564-6795  
Contact: Coordinator Amy Thompson  
Meetings are held the fourth Wednesday of each month from 7:00 to 9:00 PM at the Town House, 150 Commercial St.  
For more information, go to their website at [www.bfocb.ca](http://www.bfocb.ca).

**Bereavement Support Group – Yarmouth**

Updated, December 17th, 2014

Created by Roy Ellis, Bereavement Coordinator, CHIPCS P:\BSG\HRM & PROVINCE

Contact: Sandra Hubbard-LeBlanc VON (902) 742-4512  
Meetings are held on the fourth Wednesday of the month from 2:00 to 4:00 PM at the VON Office, 55 Stairs Rd

**Valley Circle of Friends – Wolfville**

Contact: By email at [valleycircleoffriends@gmail.com](mailto:valleycircleoffriends@gmail.com) or Public Health Services in Wolfville (902) 542-6310, Berwick (902) 538-3700, Middleton (902) 825-3386 or Annapolis Royal (902) 532-0490.  
For families and their support members who have experienced a pregnancy or infant loss.  
Meetings are held on the second Wednesday of the month from 7:00 to 8:45 PM in the corner meeting room at the EKM Community Health Centre in Wolfville.

**Antigonish Community Grief Support Group --  
Antigonish**

Contact: Gladys MacDougall (902) 863-1375 or (902) 870-4885  
They do two eight-week groups; one in the fall and one in the spring.

## **Caregiver & Family Support**

**Caregiver Support Groups - Nova Scotia**

Contact: Lynn Butler and Brenda Sangster (902) 421-7390 or toll-free at 1-877-488-8390  
Go to their website at [www.caregiversns.org](http://www.caregiversns.org) for information on their support groups.

**Caregivers Support Group – Yarmouth**

Contact: Derrick Babin VON (902) 742-4512  
Meetings are held on the third Wednesday of the month from 2:00 to 4:00 PM at the VON Office, 55 Stairs Rd.

**Caregivers Support Group – Digby**

Contact: Derrick Babin VON (902) 742-4512  
Meetings are held on the first Wednesday of the month from 1:00 to 3:00 PM at the Digby Superstore Community Room.

**Caregivers Support Group – Clare**

Contact: Derrick Babin VON (902) 742-4512  
Meetings are held on the second Wednesday of the month from 1:30 to 3:30 PM at the Clare Health Centre.