

Andwell Adult Grief Groups

Winter 2026

Wilton

Guidance Through Grief Group

284 Main St, Wilton, ME

Tuesdays: 1/6/26–2/24/26

Time: 10:00–11:30am (8 weeks)

We offer this grief group to support individuals who have experienced a loss and need a place to work through the grieving process.

Norway

Partner Loss Grief Group

39 Main St, Unit 2, Norway, ME

Tuesdays: 1/6/26–2/24/26

Time: 12:40–2:15pm (8 weeks)

For individuals who have experienced the loss of a spouse, fiancé, or significant other.

Lewiston

Guidance Through Grief Group

15 Strawberry Ave, Lewiston, ME

Thursdays: 1/15/26–3/5/26

Time: 10:00–11:30am (8 weeks)

Partner Loss Grief Group

15 Strawberry Ave, Lewiston, ME

Wednesdays: 1/14/26–3/4/26

Time: 10:00–11:30am (8 weeks)

Memory Scrapbooking

15 Strawberry Ave, Lewiston, ME

Mondays: 1/12/26–3/2/26

Time: 10:00–11:30am (8 weeks)

Through gentle instruction and creative techniques, create a beautiful keepsake that captures the special events, moments, and people who have touched your life. This isn't just a craft class—it's a supportive space to reminisce and move forward with hope and a tangible reminder of love.

Rebuilding Your Narrative – after sudden or unexpected loss

15 Strawberry Ave, Lewiston, ME

Tuesdays: 3/17/26–5/19/26

Time: 5:30–7:00pm (10 weeks)

This group is to support those who are navigating their grief because of a loved one's sudden, traumatic, or unexpected death.

To register for a Grief Group, visit www.andwell.org/bereavement, or call the Bereavement Department (207) 795-9468.