

Andwell Adult Grief Groups Spring 2026

Jay

Guidance Through Grief Group

Jay-Niles Memorial Library

983 Main St, Jay, ME

Tuesdays: 4/7/26–5/26/26

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 3, Norway, ME

Tuesdays: 4/7/26–5/26/26

Time: 12:45–2:15pm (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: 4/9/26–5/28/26

Time: 10:00–11:30am (8 weeks)

Partner Loss Grief Group

15 Strawberry Ave, Lewiston, ME

Wednesdays: 4/8/26–5/27/26

Time: 10:00–11:30am (8 weeks)

Memory Scrapbooking

15 Strawberry Ave, Lewiston, ME

Mondays: 4/6/26–5/25/26

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.**