

Fall Grief Groups

Grief can feel overwhelming, but you do not have to face it alone. Our adult bereavement groups offer caring, supportive spaces to share, connect, and find hope. Groups are led by experienced facilitators and are open to the community at no cost.

We recommend waiting 2 to 3 months after a significant loss before joining a group. If you need support sooner, please contact us.

Andwell
HEALTH PARTNERS

Jay

983 Main St, Jay, ME
(Jay-Niles Memorial Library)

Guidance Through Grief

Tuesdays 9/8/26–10/27/26

Time: 10:00am–11:30am

Lewiston

15 Strawberry Ave, Lewiston, ME

Guidance Through Grief

Thursdays 9/10/26-10/29/26

Time: 10:00am–11:30am

Partner Loss Grief Group

Tuesdays 9/8/26-10/27/26

Time: 10:00am–11:30am

Rebuilding Your Narrative

(after a sudden or unexpected loss)

Tuesdays 9/8/26-12/1/26

Time: 5:30pm–7:00pm

Norway

39 Main St., Unit 2, Norway, ME

Partner Loss Grief Group

Thursdays 9/10/26-10/29/26

Time: 3:30pm-5:00pm

Scarborough

390 US-1, Scarborough, ME

Healing After Loss

Mondays 9/14/26-10/19/26

Time: 10:00-11:30

Bereaved Parents Monthly Group

Second Monday of the month

(9/14/26, 10/12/26, 11/9/26 and 12/14/26)

Time: 4:00pm-6:00pm

Virtual

Healing After Loss

Wednesdays 9/9/26-10/14/26 & 12/2/26-1/13/27

Time: 5:00pm-6:30pm