Grief Support Groups

Support of others makes a difference.

Often the stories and caring of others going through grief can ease your own grief journey. Our trained volunteer leaders provide a safe, accepting setting where your thoughts and feelings are welcome. You share only what you are comfortable sharing. During eight weekly sessions, you will explore the grief process and discuss many related topics. The support you recieve, and the support you share with others, can help in healing. Please join us.

Spouse and Partner Loss Grief Support Group (In Person)

May 9 - June 27
Tuesdays, 1:00-3:00pm
HVHC Office, 14 McKenzie Ave. Ellsworth, ME 04605

General Grief Support Group (Zoom)

May 11 - June 29
Thursdays, 1:00-3:00pm

Pre-register by May 3 at hospiceofhancock.org or call us at 207-667-2531.