



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 receive, 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.**

