



Grief Groups and Grief Counselors Nova Scotia

Updated: August 2021

IWK updates this list yearly.

Please contact IWK Bereavement Coordinator for an updated listing.

902-470-8942

This information is provided by the IWK's Pediatric Advanced Care Team as a resource for adult members of the community to assess applicability for their families. It is a compilation of selected resources and should not be considered a comprehensive listing.

This list was compiled using information from reputable websites and other resources. Other grief support groups and counselors may be available in addition to what is listed here, Please continue to explore other options in your community.

This resource list does not constitute an endorsement or recommendation for any organizations or businesses listed.

Grief Support Groups

LOCATION	GROUP NAME	CONTACT INFORMATION
Amherst	Grieving Hearts	Sheryl York (902) 667-9126 amherstwc@eastlink.ca www.amherstwesleyan.com
Amherst	The Listening Room Bereavement Support Program	Campbell's Funeral Home (902) 667-9906 Find Us on Facebook: The Listening Room Bereavement Support Program
Antigonish	Antigonish Community Grief Support Group	Gladys MacDougall (902)863-1375 (902) 870-4885 macdougallgladys@gmail.com
Berwick	Friends in Bereavement	Jennifer Longley (902) 681-8239 friendsinbereavement@gmail.com
Bridgetown	Friends in Bereavement	Jennifer Longley (902) 681-8239 friendsinbereavement@gmail.com
Cape Breton	Bereaved Families of Cape Breton	(902) 564-6795 infobfcb@gmail.com www.bfocb.ca Find us on facebook too.
Sydney	Death of a Partner Support Group	
Sydney	Death of a Child Support Group	
Sydney	Death of a Parent Support Group	
Island-wide if possible	Adolescent Grief Support Program	
Glace Bay Sydney Sydney Mines	Support & Share Groups	
Sydney	Healing through Movement and Music for Women	
Sydney	Meditation	

Cumberland County	Healing and Hope	Cumberland County Palliative Care (902) 667-5400 Ext. 6344
Dartmouth	Water Bugs and Dragon Flies Bereaved Parent Support Group	Vince MacDonald (902) 462-4050 vincemacdonald210@gmail.com Louise Smith (902) 404-1555 louisesmith_27@hotmail.ca
Dartmouth	St. Clements Grief Group	Susan Duggan (902) 446-9599
Fall River	Mothers Of Angels Support Group	Nancy Weatherhead (902) 632-2539 nancyweatherhead@hotmail.ca
Halifax	Estabrooks Community Centre Grief Group for Children and Adults	Lorna Zinck Gordon Manuel (902) 989-3217 lorna_ken222@hotmail.com
Halifax	Hospice Halifax Support Groups	Linden Hardie l.hardie@hospicehalifax.ca www.hospicehalifax.ca
Halifax	IWK Pregnancy and Newborn Loss Bereavement Support Group	Glenn Breen (902) 470-7722 glenn.breen@iwk.nshealth.ca
Halifax	Palliative Care Grief Support Group	(902) 473-1622
Halifax	Survivors of Suicide	George Tomie (902) 445-0860 george.tomie@gmail.com Margaret Tousignant (902) 826-2658 www.sosnovascotia.com
Hatchet Lake	GriefShare Support Group	Cheryl Rafuse (902) 225-8305 griefsharegroup@gmail.com

Kentville	Friends in Bereavement	Jennifer Longley (902) 681-8239 friendsinbereavement@gmail.com
Musquodoboit Harbour Musquodoboit Valley Sheet Harbour & surrounding area Porter's Lake	Healing and Hope	Jan Rowlings (902) 229-0391 janrowlings@gmail.com
Province-wide	Mom's of Children Past Peer-to-Peer and Group Support	Sherry Bigelow (902) 365-5210 Sh3rry_15@hotmail.com
Province-wide Via Zoom	Atlantic Fertility Support Group For those faced with fertility challenges including those who are trying to conceive after a loss.	Stacie Loverin FMC-HRM@fertilitymatters.ca
Sackville	St. John Vianney Church Non-Denominational Grief Support Group and one-to-one peer support	Judy Fraser (902) 864-2778
Yarmouth	Community Support Group	Bertha Brannen (902) 740-2146
Wolfville	Valley Circle of Friends Pregnancy and Infant Loss Peer Led Support Group	Lesley Hopkins (902) 681-5846 (902) 690-5361 valleycircleoffriends@gmail.com

Grief Counselors

These practitioners' services are not covered by MSI. Check with your employee assistance plan or insurance company to see if a practitioner's services are covered. If you do not have private insurance please note that many counselors are willing to negotiate an affordable cost for counseling in specific situations.

LOCATION	NAME	AGES SERVED	CONTACT INFORMATION
Annapolis Valley	Robert Stathakis, Med Registered Counseling Therapist		Tel: (902) 692-9696 robert@resolvect.ca www.resolvect.ca
Bedford	Donna Touchie Registered Social Worker	Child Teen Adult	(902) 466-2554 donnatouchie@gmail.com
Bedford	Ken Osbourne Registered Social Worker The Compass Rose Health and Wellness Centre	Child Teen Adult	(902) 222-6020 ken@kenosbournetherapy.com www.kenosbournetherapy.com
Bridgewater	Patricia Wentzell Counselling & Consulting Services	Child Teen Adult	(902) 527-8939 pwentzellcounselling@gmail.com www.patriciawentzellcounselling.ca
Cheticamp	Mireille Bourgeois, MSW Registered Social Worker French speaking services available	Adult	(902) 224-0940 mireillebourgeois72@gmail.com
Dartmouth	Breathe Mindfulness Centre Jacqueline Milner, M.Sc., MBCT MSC Teacher Registered Integrative Psychologist	Adult	(902) 499-0089 jacqueline@jmcpsychology.com
Dartmouth	Clara Coward Registered Social Worker	Child Teen	(902) 225-1418 claracoward@hotmail.com
Dartmouth Halifax	Brian Duggan Registered Counseling Therapist	Adults	902-434-2317 brian.duggan@marathonhrcg.com www.marathonhrcg.com

Dartmouth	<p>Dartmouth Psychological Services</p> <p>Farley MacLeod, MA Registered Psychologist</p> <p>Jacqueline Milner, M.Sc Registered Integrative Psychologist</p>	Adults	<p>902-461-8133 milner-clerk@jmcpyschology.com www.jmcpyschology.ca</p> <p>jacqueline@jmcpyschology.com</p>
Dartmouth	<p>ML Family Counselling</p> <p>Michelle Labine Registered Counseling Therapist Candidate</p> <p>Taylor Brydges, MA, CCC Registered Counselling Therapist – Candidate</p> <p>Lisa Dexter, MA, CCC Registered Counselling Therapist</p>	<p>Child Teen Adult</p> <p>Teen Adult</p> <p>Teen Adult</p>	<p>(519) 949-1458 www.mlfamilycounselling.com intake@MLfamilycounselling.com</p>
Dartmouth	<p>Dr Kiran Pure Registered Clinical Psychologist</p>	Child Teen	<p>(902)444-3669 drpure@drpureandassociates.com www.drpureandassociates.com</p>
Dartmouth	<p>Ian “Tay” Landry Registered Social Worker</p>	Adults grieving child loss	<p>(902) 830-2254 sweetgrassage@eastlink.ca</p>
First Nations and Province-Wide	<p>Meagan Chaffey, M.Ed Registered Counselling Therapist – Candidate Micmaw Therapist</p>	Child (11+) Teen Adult Elders	<p>(902) 293-7167 meagan.chaffey@gmail.com</p>
First Nations and Halifax	<p>Barry Nahirnak, M.Ed., RCT, CCC</p>	Child Teen Adult	<p>(902) 229-9598 barry@halifaxcounsellingtherapist.ca www.halifaxcounsellingtherapist.com</p>

Halifax	<p>Acuity Counselling and Therapy</p> <p>Roger Godin, BSW, MA Registered Social Worker</p> <p>Maureen Gorman, PhD Registered Psychologist</p> <p>Nadine Haddad, M.Psy Psychologist (Cand. Reg.)</p> <p>Melanie Lapointe, BSW, MSW, Registered Clinical Social Worker</p> <p>Sonya Paris, BSW, MSW Registered Clinical Social Worker</p> <p>Cleve Sauer, BSW, MSW Registered Social Worker</p> <p>Danielle Trottier, BSW, MSW Registered Social Worker</p> <p>Denise Weber, BSW, MSW, Registered Clinical Social Worker</p> <p>Erin Williams, BSW, MSW Registered Social Worker</p>	Child Teen Adult	<p>(902) 406-3400 noha@acuitytherapy.ca www.acuitytherapy.ca</p>
Halifax	<p>Elizabeth Berlasso, Med, SEP, Registered Clinical Therapist Certified Canadian Counselor</p>	Adult Teen	<p>(902) 454-6919 or (902) 830-9761 eaberlasso@gmail.com</p>
Halifax	<p>Dr. Kathy Hubley Carruthers Registered Clinical Psychologist</p>	Teen Adult	<p>(902) 407-1234 admin@hubleycarruthers.com www.hubleycarruthers.ca</p>
Halifax	<p>Cornerstone Psychological Services</p> <p>Brad Peters, MSc Registered Psychologist</p>	Child Teen Adult	<p>(902) 407-4455 info@cornerstoneclinic.ca www.cornerstoneclinic.ca</p>

Halifax	<p>Fenwick Psychology and Wellness Associates</p> <p>Lori Parker, MA Registered Psychologist</p> <p>Derry MacKichan, MA Registered Psychologist</p>	<p>Child Teen Adult</p> <p>Child Teen</p>	<p>Phone: 902-421-7514 Fax: 902-421-1292 hello@fenwickwellness.ca www.fenwickwellness.ca</p>
Halifax	<p>S. Gerald Hann, EdD Registered Psychologist</p>	<p>Child Teen Adult</p>	<p>(902) 453-8336 info@hannpsychologicalservices.com www.hannpsychologicalservices.com</p>
Halifax	<p>Hospice Halifax</p>	<p>Adult Teen & Child on a case-by- case basis</p>	<p>Linden Hardie l.hardie@hospicehalifax.ca www.hospicehalifax.ca</p>
Halifax	<p>Angelina S. MacLellan, MA Psychologist (Candidate Register)</p>	<p>Teen Adult</p>	<p>(902) 407-1234 admin@hubleycarruthers.com www.hubleycarruthers.com</p>
Halifax	<p>Erin Montgomery, Med, CCC, RCT Registered Counseling Therapist Accredited Music Therapist Clinical Traumatologist</p>	<p>Adult</p>	<p>(902) 448-2138 info@erinmontgomery.com</p>
Halifax	<p>Carol Shirley, MA Registered Psychologist</p>	<p>Child Teen Adult</p>	<p>(902) 495-3181 info@carolshirley.ca</p>

Halifax	Spirit Psychological		
	Neal Henderson, CCC Registered Counseling Therapist – Candidate	Child Teen Adult	(902) 420-6934 neal.spiritpsychological@gmail.com www.spiritpsychological.ca
	Anita Sablone, M.A., M.Ed., R.Psych, CCC Registered Counselling Therapist - Candidate Therapy Dog in Training	Child Teen Adult	(902) 445-6100 info@spiritpsychological.ca www.spiritpsychological.ca
Halifax	Amy Wiens, MA Psychologist	Teen Adult	(902) 452-1149 Info@crossroadscpc.ca www.crossroadscpc.ca
Halifax	Jessica Wine, MSW Registered Social Worker	Adult	(902)880-2262 halifaxtherapist@gmail.com www.halifaxtherapist.com
Halifax	Dr. Nina Woulff Psychologist & Associates	Adult	(902) 492-1271 Ext. 1 nw@drnina.ca www.drnina.ca
Lucasville	Dr. Valerie Corkum, PhD Registered Psychologist	Child Teen Adult	(902) 832-0332 dawn@corkumandassociates.ca
Mahone Bay	Hilary Anne Scott, CGRF, CFF, PSC Certified Grief Recovery Specialist Certified Grief and Loss Support Certified Peer Supporter	Adult	(902) 529-0021 hscott@healingtheloss.com www.healingtheloss.com
Milton	Toni Campagnoni & Associates		
	Toni Campagnoni, MA Registered Psychologist	Child Teen	(902) 354-4660 familypsychology@eastlink.ca www.tcpsychologicalservices.ca
	Shannon Hartlen, MA Registered Psychologist	Child Teen	
	Jim Trites, M.Sc. Registered Psychologist Candidate Register	Adult Teen Boys	

<p>Musquodoboit Harbor</p> <p>First Nations Inuit Health Branch</p>	<p>Dr. Fyre Jean Graveline, RCAT, EAP Registered Social Worker Registered Art Therapist</p>	<p>Child Teen Adult</p>	<p>(902) 889-2905 (902)889-7469 fyrejeangraveline@gmail.ca</p>
<p>Stellarton</p>	<p>Barbara MacLean, MSc Registered Psychologist</p>	<p>Child Teen Adult</p>	<p>(902) 752-2969 www.macleanspsychology.com barbara@macleanspsychology.com</p>
<p>Unama'ki Communities, and Paqtnkek (Antigonish Co.)</p>	<p>Union of Nova Scotia Mi'kmaq Mental Wellness Team</p>		<p>https://www.unsm.org/dept/mental-wellness#request-services</p>
<p>Windsor</p>	<p>Belinda Seagram, PhD Registered Psychologist</p>	<p>Child Teen Adult</p>	<p>(902) 472-3272 bseagram@seagramassociates.com www.seagramassociates.com</p>

Grief Care Referral Associations

LOCATION	NAME	CONTACT INFORMATION
Canada-wide	Canadian Counseling and Psychotherapy Association	(877) 765-5565 www.ccpa-accp.ca
Canada-wide	Canadian Register of Health Service Providers in Psychology	www.crhsp.ca
Canada-wide	Psychology Today Find a Therapist	www.psychologytoday.com/ca/therapists
Canada-wide	Professional Association of Christian Counselors and Psychotherapists	www.paccp.ca
Canada-wide	Theravive	www.theravive.com
Truro	Colchester East Hants Hospice Society	(902) 893-3265 www.cehhospice.org
Halifax Shearwater Sydney	Military Family Resource Centre	Halifax: (902) 427-7788 Shearwater: (902) 720-1885 Sydney: (902) 563-7100 www.halifaxmfrc.ca
Province-wide	First Nations Health Authority	https://mha.nshealth.ca/en/topics/group-identity/first-nations-indigenous#info
Province-wide	Native Council of Nova Scotia	Toll Free: 1-800-565-4372 1-877-565-1752 www.ncns.ca
Province-wide	Nova Scotia College of Social Workers	(902) 429-7799 www.nscsw.org

Other ways to find support with grief include:

- Joining a community group that provides grief support.
- Contacting your local hospital's palliative care service, bereavement service, spiritual health or social work department for information and resources.
- Contacting a hospice society or family resource centre in your area for information and resources.
- Contacting your Employee Assistance Program (EAP).
- Contacting your faith community.
- Military families may contact resources through your Military Family Resource Center.
- Indigenous families may contact resources connected with your Reserve.
- Finding a grief counselor for yourself or your child/teen through one of the following methods:
 - Asking your family doctor to refer you to a counselor
 - Contacting your provincial Child and Family Services for counseling options
 - Contacting your child's school psychologist or guidance counselor
 - Contacting the IWK public mental health referral line (902) 464-4110
 - Contacting your provincial Social Work Association
 - Contacting your provincial Psychologists' Association
- Contacting the adult public mental health system at your nearest hospital