



## Grief Support Groups

### Halifax Regional Municipality

#### *Caregiver Support Groups – Caregivers Nova Scotia-HRM*

Therese Henman-Phillips (902) 412-7084-Dartmouth, Bedford, and Sackville

JoAnne Connors (902) 421-7390-Halifax Peninsula, Ketch Harbour, Hubbards, Tantallon, St. Margaret's Bay

Catherine Parent (902) 402-0452-Eastern HRM Region

There are caregiver support groups in different parts of Nova Scotia, please call 1-877-488-7390 for locations.

#### *Grief Support Group, Bereavement Program, Integrated Palliative Care Service-Central Zone-Halifax*

Contact: Norma Jean Profitt (902) 473-1622

Please call for status of the group due to Covid precautions.

#### *Hospice Halifax, Halifax*

Contact: Hospice Office (902) 446-0929

#### *IWK Pregnancy & Newborn Loss Group-Halifax*

Glenn Breen (902) 470-7722

IWK Bereavement Coordinator (902) 470-8942

#### *Gone but Never Forgotten Grief Support Group-Lewis Lake, Saint Margaret's Bay*

For adults 16+ and children aged 5-15 (children are attended to separately).

Contact: Lorna Zinck-Gordon (902) 989-3217

[lorna\\_ken222@hotmail.com](mailto:lorna_ken222@hotmail.com)

#### *GriefShare – Hatchet Lake*

Non-denominational; everyone welcome.

Contact: Rev. Cheryl Rafuse (902) 225-8305

#### *Healing and Hope-Musquodoboit Harbour/Sheet Harbour*

Jan Rowlin (902) 229-0391

#### *Saint Benedict Grief Group-Clayton Park*

Catholic faith is shared; everyone welcome.

Contact: Parish Office (902) 443-0725

[griefsupport@saintbenedict.ca](mailto:griefsupport@saintbenedict.ca)

#### *Silver and Gold Grief Support Group, Sackville Seniors Advisory Council-Lower Sackville*

Contact: Tom LeBlanc (902) 864-5591; (902) 865-1168



### ***Mothers of Angels-Fall River***

Child loss of any kind.

Contact: Nancy Weatherhead (902) 632-2539

### ***St. Clement's Bereavement Group-Dartmouth***

Non-denominational; everyone welcome.

Contact: Susan Duggan (902) 446-9599

### ***St. John Vianney Grief Group, Holy Trinity Parish-Lower Sackville***

Non-denominational; everyone welcome.

Contact: Judith Fraser (902) 864-2778

### ***Survivors of Suicide Loss-Halifax***

Contact: Margaret Tousignant (902)-826-2658  
George Tomie (902)-445-0860;

[george.tomie@gmail.com](mailto:george.tomie@gmail.com)  
[www.sosnovascotia.com](http://www.sosnovascotia.com)

### ***Water Bugs and Dragonflies Bereaved Parents Support Group-Dartmouth***

Child loss of any kind, from infants to adults.

Contact: Vince MacDonald (902) 462-4050

### ***Widowed in Self-Help (WISH)-Halifax***

For people who have lost a life partner; open to all genders and orientations.

Contact person: Donna Jones. You must register by calling (902) 700-7803, ext. 3370 or toll free 1-844-333-3692- ext. 3370 and consent to your name being put on the mail chimp database in order to receive notices of meetings and events.

## **Outside Halifax Regional Municipality**

### ***Antigonish Community Grief Support Group***

Contact: Gladys MacDougall (902) 870-4885

### ***Bereaved Families of Cape Breton-Northside, Sydney, Glace Bay***

Contact: Susan Plath (902) 564-6795; [inforbfc@gmail.com](mailto:inforbfc@gmail.com)

<https://www.bfocb.ca>

### ***Friends in Bereavement-Kentville, Berwick, Bridgetown***

Jennifer Longley (902) 681-8239;  
[friendsinbereavement@gmail.com](mailto:friendsinbereavement@gmail.com)

### ***GriefShare-Bridgewater***

[Grief recovery support groups in Bridgewater, Nova Scotia - GriefShare](#)



***GriefShare-Kingston, Kentville***

Christian-based; everyone welcome.

Contact: David Hazelwood (902) 847-1225

***Healing and Hope Grief Support Group-Amherst, Cumberland County***

Contact: Sharon Skinner (902) 667-5400, ext. 6344

Terry Lynn Smith (902) 667-5400, ext. 6428

***Hospice Colchester East Hants-Truro, Colchester County***

Hospice Office (902) 893-3265

<https://cehhospice.org>

***Moms of Children Passed-Kentville***

Contact: Sherry Bigelow (902) 365-5210

***Mothers of Angels-New Waterford, Cape Breton***

Contact: Shirley Kelley (902) 862-8460

***Second Story Women's Centre Grief Support Group-Chester***

For women and gender-oppressed people who are grieving the loss of a partner.

Contact: Christine (902) 397-1625

***"Surviving Christmas"-Yarmouth***

For adults who have experienced any kind of loss.

Contact: Brenda Martin (902) 266-9891

***Survivors of Suicide Loss-Sydney, Cape Breton***

[soscapebreton@gmail.com](mailto:soscapebreton@gmail.com)

***Valley Circle of Friends-Pregnancy and Infant Loss-Annapolis Valley***

Contact: Lesley Hopkins (902) 681-5846; (902) 690-5361

[valleycircleoffriends@gmail.com](mailto:valleycircleoffriends@gmail.com)

***Widowed Grief Support Group-Lunenburg***

Contact: Jane (902) 634-3484

**Camps for Children and Teens**

***Camp Kedooopse Grief Camp, Brigadoon Village-Aylesford***

1-888-471-5666

[info@brigadoonvillage.org](mailto:info@brigadoonvillage.org)



**Please note:** Bereavement Services, Central Zone Palliative Care Program, compiles this resource list for bereaved patients and their families and friends. This resource does not constitute an endorsement or recommendation by Nova Scotia Health for the grief support groups or organizations listed here. People should assess the applicability of the resources for themselves and their families. This list is not comprehensive and other organizations, including 211 Nova Scotia, may be able to provide you with additional information on bereavement support.