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

GriefShare – Hatchet Lake
Non-denominational; everyone welcome.
Contact: Rev. Cheryl Rafuse (902) 225-8305

Healing and Hope-Musquodoboit Harbour/Sheet Harbour
Jan Rowlins (902) 229-0391

Saint Benedict Grief Group-Clayton Park
Catholic faith is shared; everyone welcome.
Contact: Parish Office (902) 443-0725
griefsupport@saintbenedict.ca

Silver and Gold Grief Support Group, Sackville Seniors Advisory Council-Lower Sackville
Contact: Tom LeBlanc (902) 864-5591; (902) 865-1168

Bereavement Services, Central Zone Palliative Care Program, Nova Scotia Health, December 2021
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
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; inforbfcb@gmail.com
https://www.bfocb.ca

Friends in Bereavement-Kentville, Berwick, Bridgetown
Jennifer Longley (902) 681-8239; 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

Valley Circle of Friends-Pregnancy and Infant Loss-Annapolis Valley
Contact: Lesley Hopkins (902) 681-5846; (902) 690-5361
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
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.