



Grief Support Groups in Nova Scotia

Halifax Regional Municipality

Hospice Halifax Bereavement Support Groups - Halifax

In person, virtual, educational, and movement based options, open to all.
902-446-0929

www.hospicehalifax.ca/group/

Grief Support Group, Bereavement Program, Integrated Palliative Care Service - Halifax

For people who have had loved ones in the care of the Palliative Care Service, Central Zone. Registration required.

Norma Jean Profitt at 902-473-1622

IWK Pregnancy and Newborn Loss Bereavement Support Group

Closed group that runs a few times a year based on need.

Pamella Beliveau at 902-470-7722

pamella.beliveau@iwk.nshealth.ca

Saint Benedict Grief Group - Clayton Park

Catholic faith is shared, all are welcome.
902-443-0725

griefsupport@saintbenedict.ca

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

Tom Leblanc at 902-865-1168

St. Clement Bereavement Group - Dartmouth

8 week closed group that runs twice a year, starting in mid-March and in mid-September. Participants must pre-register. Open to all. Free to attend.

Susan Duggan at 902-446-9599

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

Non-denominational; everyone welcome.
Judith Fraser at 902-864-2778

Survivors of Suicide - Halifax

George Tomie at 902-445-0860

george.tomie@gmail.com

Margaret Tousignant at 902-826-2658

www.sosnovascotia.com

Water Bugs and Dragon Flies Bereaved Parent Support Group - Dartmouth

Vince MacDonald at 902-462-4050

vincemacdonald210@gmail.com

Widowed in Self-Help (WISH) - Halifax

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

Register by calling and putting your name on the email list.

902-700-7803 ext. 3370 or

1-844-333-3692 ext. 3370 (toll free)

Outside the HRM

(in alphabetical order, by location)

Amherst, Cumberland County:

Healing and Hope Grief Support Group

Sharon Skinner at 902-667-5400 ext. 6344

Terry Lynn Smith at 902-667-5400 ext. 6428

Antigonish: Community Grief Support Group

8 week group runs twice a year at St. Ninian's. Free and open to adults experiencing loss and grief.

Gladys MacDougall at 902-870-4885

macdougallgladys@gmail.com

This list is compiled by Hospice Halifax staff, and updated as often as possible. Please note that we do our best, but cannot guarantee the information on this list is 100% accurate.



Grief Support Groups in Nova Scotia

Berwick, Bridgetown, and Kentville: Friends in Bereavement

Jennifer Longley at 902-681-8239

friendsinbereavement@gmail.com

Chester: Second Story Women's Centre Grief Support Group

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

Christine at 902-397-1625

Colchester East Hants Hospice Society

Grief counselling and groups for adults and children.

902-893-3265

<https://cehhospice.org/>

Cumberland County: Campbell's Funeral Home Bereavement Support Group

This 9 week closed group is offered regularly. Registration Required.

902-667-9906

Fall River: Mothers of Angels Support Group

Child loss of any kind.

Nancy Weatherhead at 902-632-2539

nancyweatherhead@hotmail.com

Hatchet Lake: GriefShare Support Group

Cheryl Rafuse at 902-225-8305

griefsharegroup@gmail.com

Kingston, Kentville: GriefShare

Christian-based, all are welcome.

David Hazelwood at 902-847-1225

Lewis Lake, Saint Margaret's Bay: Gone but Never Forgotten Grief Support Group

Two groups run at the same time. One for adults 16+ and one for children aged 5-15.

Held at the Estabrooks Community Hall.

Lorna Zinck-Gordon at 902-989-3217

lorna_ken222@hotmail.com

<https://estabrookscommunityhallblog.wordpress.com/free-grief-counselling/>

Lunenburg: Widowed Grief Support Group

Jane at 902-634-3484

Musquodoboit Harbour/Sheet Harbour: Healing and Hope

8 week closed group that runs regularly.

Registration required.

Jan Rowlings at 902-229-0391

janrowlings@gmail.com

Wolfville: Valley Circle of Friends - Pregnancy and Infant Loss

Lesley Hopkins at 902-681-5846

valleycircleoffriends@gmail.com

Yarmouth: Community Support Group

Bertha Brannen at 902-740-2146

Yarmouth: "Surviving Christmas"

For adults who have experienced a loss.

Brenda Martin at 902-266-9821

Cape Breton

Bereaved Families of Cape Breton

Groups and programs for adults and teens.

902-564-6795

<https://bfocb.ca/>

This list is compiled by Hospice Halifax staff, and updated as often as possible. Please note that we do our best, but cannot guarantee the information on this list is 100% accurate.



Grief Support Groups in Nova Scotia

Mothers of Angels - New Waterford, Cape Breton

Child loss of any kind.

Shirley Kelley at 902-862-8460

Strait Area Women's Place

6 week grief groups offered a few times a year. Free trauma therapy sessions available as well.

902-625-1614

straitareawomensplace@gmail.com

Survivors of Suicide Loss - Sydney, Cape Breton

soscapedbreton@gmail.com

Province-Wide

Atlantic Fertility Support Group (Nova Scotia Wide via Zoom)

For those faced with fertility challenges, including those trying to conceive after a loss.

Stacie Loverin at

FMC-HRM@fertilitymatters.ca

Caregiver Support Groups

Please note that while there is some grief support within these groups, the focus is on caregiving, not bereavement.

Call 1-877-488-7390 to find a location and contact person near you.

Mom's of Children Past Peer-to-Peer and Group Support

Supports offered province-wide.

Sherry Bigelow at 902-365-5210

sh3rry_15@hotmail.com

Summer Camps for Children and Youth

Camp Kedooopse Grief Camp at Brigadoon Village

Annual summer camp in Aylesford, NS for children ages 7-18 who are experiencing grief due to the death of a loved one.

1-888-471-5666

<https://brigadoonvillage.org/event/camp-kedooopse/2022-07-24/>

Camp Skein at Greenhill Lake

A camp for children who are grieving the death of a parent or sibling, run by Camp Maple Leaf in Greenhill Lake, NB.

<https://www.campmapleleaf.ca/greenhill-lake-programs/>

905-338-5200

This list is compiled by Hospice Halifax staff, and updated as often as possible. Please note that we do our best, but cannot guarantee the information on this list is 100% accurate.