



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

Contact: Hospice Office (902) 446-0929

IWK Pregnancy & Newborn Loss Group-Halifax

Glenn Breen (902) 470-7722

IWK Bereavement Coordinator (902) 470-8942

Updated December 1, 2021

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 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

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

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



***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; inforbfc@gmail.com

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



1-888-471-5666

info@brigadoonvillage.org

Please note: The Bereavement Program, Palliative Care Integrated Service, Central Zone, compiles this resource list for patients and their families and friends who are looking for bereavement support. 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.