



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. For more information, please contact 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

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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/>

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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

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