

## **Vermont Mental Health and Grief Support Resources 2017**

### **By Region**

#### **Chittenden County**

##### **HOWARD CENTER**

- Chittenden County Support Group. The Bereavement Support Group meets twice a month in Colchester. Please contact Ally Parker, Grief and Bereavement Coordinator, at 802-860-4410 x 3405 for more information.
- Children's Grief Workshop. This group is for children who have lost a sibling. Last Saturday of every month from 10-12am at Children's Specialty Center, 4th Level East Pavilion, UVM Medical Center 111 Colchester Ave. Burlington VT. Contact Ali Waltien 802-847-4069.
- Compassionate Friends (Williston). Families that have experienced the death of a child. Parents, siblings and grandparents are encouraged to attend. The third Tuesday of the month from 7-9pm at Champlain Orthodontic Associates 277 Blair Park Road, Williston, VT. Contact Claire 802-388-9603
- Grief Support Group. Call Brenda Dupuis, UVM Medical Center 802-847-4980 for more information.
- Grief Support Group. This informal gathering of grieving people will offer support to each other as they journey to find hope and healing. Those attending will set the agenda for the discussion. The second and fourth Thursday of the month from 6-7pm at the Bayside Senior Center in Colchester. Contact Inge at 802-658-4776 or Linda at 802-862-4717
- Very Important Brothers and Sisters (VIBS). A support group for school age children who have experienced a sibling loss. Meets at the Children's Specialty Center @ UVM Medical Center. Contact Jenny Eddy, CCLS 802-847-4526 or Melissa Whalen, CCLS 802-847-9663
- Survivors of Suicide Support Group meets every first Wednesday of the month from 6-7:30pm at the Comfort Inn & Suites at 5 Dorset St. South Burlington, VT. Contact Liz Mahoney 802-879-7109 [erusso@smcvt.edu](mailto:erusso@smcvt.edu) or Myra Handy 802-951-5156 [myra.handyvt@gmail.com](mailto:myra.handyvt@gmail.com)

## **Northern Vermont**

### **Washington County Mental Health Services**

- Bereavement Support Group held at the Central Vermont Home Health and Hospice in Barre every other Monday from 6-8pm. Call: 802-223-1878 for more information
- Survivors of Suicide Support Group held the third Tuesday of every month from 6-7:30pm at the Central VT Hospital in conference room #1 Granger Rd. Barre, VT. Contact Bill Kelly at 802-223-0924 calakel@comcast.net

### **Northeastern Counseling Support Services**

- Grief Support Group for anyone who is grieving on the first and third Wednesday of every month from 7-8pm at Franklin County Home Health Agency, 3 Home Health Circle, St Albans, VT. Contact Lori Wright 527-7531
- Survivors of Suicide Support Group meets the second Thursday of each month from 6-7:30pm at the Northwestern Medical Center 133 Fairfield St. Conference room #3 St. Albans, VT. Contact Tony Stevens [astevens@ncssinc.org](mailto:astevens@ncssinc.org) or Deborah Babbie 802-393-6503

### **Lamoille County Mental Health Services**

- Grief Support Group for anyone who is grieving on the first and third Tuesday of every month from 5-6pm. Please call for a location and more information: Oona, Lamoille Home Health and Hospice, Morrisville, VT (802) 888-4651

## **Southern Vermont**

### **Health Care and Rehabilitation Services (Brattleboro Area Hospice)**

Bereavement Support Groups offer a safe, mutually supportive environment for sharing experiences, insight and encouragement through discussion, handouts, and suggestions for writing. Support groups are free of charge and meet at our 191 Canal Street office. If you wish to join a Support Group, Please call the office at 802-257-0775 or email [info@brattleborohospice.org](mailto:info@brattleborohospice.org) for more information or to make a pre-group meeting appointment. Individual and family support is also available with trained bereavement volunteers and staff. Please call us for more information, an appointment, or just a listening ear. You can also receive updates about bereavement activities by subscribing to our [Seasons Bereavement Newsletter](#).

- 7 Week Bereavement Support Group for Adults begins Thursday September 29<sup>th</sup>, 6:00-7:30 p.m., and will continue on Thursdays through November 10<sup>th</sup>. This group is for those who have experienced a death loss of any type. We'll use a combination of

conversation, writing exercises, music, art materials, sharing mementos, etc. to explore grief and healing. Connie Baxter is the facilitator. Please contact Connie at 802-257-0775 ext. 104 to inquire about joining this group.

- Support for People Experiencing Loss in Grafton: Brattleboro Area Hospice and the Grafton Public Library co-sponsor an on-going support group on issues concerning loss, death and dying on the third Wednesday of each month from 5:30-7:00 p.m., led by BAH Bereavement Care Counselor Cicely Carroll. For more information, please contact Michelle Dufort at the Grafton Public Library, (802) 843-2404, [librarian@graftonpubliclibrary.org](mailto:librarian@graftonpubliclibrary.org) or [www.graftonpubliclibrary.org](http://www.graftonpubliclibrary.org)
- Bereavement Writing Support Groups, facilitated by Muriel Wolf, are currently full. If you're interested in being on a wait list to join one of these groups, please contact Connie Baxter at 802-257-0775 ext. 104.
- The Spouse/Partner Loss Support Group meets from 5-6:30pm on the 2nd & 4th Wednesdays of the month, facilitated by Cicely Carroll, Bereavement Care Counselor. **Please note: you must have one meeting with a bereavement counselor before participating in this group.**
- **If you wish to join the on-going Spouse/Partner Loss Support Group**, call Cicely Carroll at 802-257-0775, x108 for more information or to set up a pre-group meeting.
- The **Bereaved Parents Support Group** meets the 1<sup>st</sup> and 3<sup>rd</sup> Tuesdays of the month, from 4:30-6:00 pm. This group is for parents who have lost a teenaged or young adult child. Judy Davidson is the facilitator. **Please call Connie Baxter at 257-0775 ext. 104 to inquire about joining this group.**
- **We would like to support those in our community who are grieving the death of someone who died from suicide, through a Suicide Loss Support Group**, but at this time we do not have enough individuals to form a group. If you or someone you know might be interested in participating in such a group, please contact Connie Baxter at 802-257-0775 ext. 104.

### **Bereavement Activities for Children:**

- Good Grief Groups meet when 4 or more close-in-age children or teens express interest. Contact Elizabeth Ungerleider at [hanglidr@sover.net](mailto:hanglidr@sover.net) or 802-258-0763.
- Camp Knock Knock is a weekend camp for families with children who have experienced the death of a loved one. It's the only camp of its kind in Vermont, and over the years participating families have felt the weekend was a very valuable experience. Families are accepted on a first come basis and must meet two criteria: a loved one has died and children are accompanied by a parent or guardian. Scholarships are available. For more information and to register call Ally Parker at (802) 860-4499 x3405.

### **United Counseling Services**

- Good Grief Support Group. Located at the United Counseling Services – Bennington location at 100 Ledgehill Rd. Tuesday @ 11am. 802-422-5491

### **Rutland Mental Health Services**

- Compassionate Friends (Rutland). Families that have experienced the death of a child. Parents, siblings and grandparents are encouraged to attend. The first Tuesday of every month from 7-9pm at Grace Congregational Church, 8 Court Street, Rutland VT. Contact Michael and Susan 802-446-2278 [sumactin@aol.com](mailto:sumactin@aol.com)
- Grief Support Group in Rutland. For those who are coping with the death of a loved one or friend. The second and fourth Monday of each month from 4:30-6pm at Social Work Dept, 4th Flr, Rutland Regional Medical Center, 160 Allen Street, Rutland, VT 05701. Please call for more information (802) 747-3713
- Survivors of Suicide in Rutland for People who have lost a loved one to suicide on the third Tuesday of each month from 6:30-8pm at Maple Leaf Clinic, 167 North Main Street, Wallingford, VT. Contact Linda(802)446-3577 or [mapleleafclinic@vermontel.net](mailto:mapleleafclinic@vermontel.net)

A Safe Place in Keene, NH. Please contact for location details. The group meets Mondays from 6:30pm-7:30pm. Facilitator: Survivor - Carmen Trafton. Contact 603-357-5510 [pc@samaritansnh.org](mailto:pc@samaritansnh.org) for more information

## **Eastern Vermont**

### **CMC**

- Grief and Bereavement Support Group in Randolph, VT for anyone who has experiences a loss is invited to these free drop in meetings. Please call first to confirm meeting date. Held every other Tuesday from 5-6:30pm at the Markle Conference Room, 24 South Main Street, Randolph VT. Contact Sandra Conrad 802-728-2270 [sconrad@giffordmed.org](mailto:sconrad@giffordmed.org)

### **NKHS**

- Compassionate Friends (Newport). Friendship and understanding to bereaved parents and families who have lost a child of any age. The 3<sup>rd</sup> Tuesday of each month from 6:30-8:30pm at the Orleans Federated Church, 34 School Street Orleans VT. Contact: Beverly 802-754-2085, France 802-334-1505
- Grief Support Group. Open to anyone who is grieving on the second and fourth Tuesday of the month from 6-7:30pm at Caledonia Home Health, St Johnsbury. Call for more information (802)748-8116
- Grief Support Group for persons and their families who have suffered a loss. Call first. Held the second Thursday of each month from 6:30-8:30pm at the North Country Hospital, Room 221. Contact 802-334-5566 Wellness Center

- Survivors of Suicide Support Group meets the third Thursday of the month at the Faith Lighthouse Church in Newport. Contact Mary Butler 744-6284 [butlerm@sisna.com](mailto:butlerm@sisna.com) for more info.

Upper Valley Survivors of Suicide Loss meets at Dartmouth-Hitchcock Medical Ctr.1 Medical Center Dr. Lebanon, NH on the second Thursday each month from 6:00pm-7:30pm. Call 603-448-0126 x2180 or [UVSOSL@wcbh.org](mailto:UVSOSL@wcbh.org) for more information

## **Western Vermont**

### **CSAC**

- Hospice Volunteer Services in Addison County: P.O. Box 772, 63 Maple Street, In the Historic Marble Works, Middlebury, Vermont 05753. Call 802-388-4111.
- Middlebury Survivors of Suicide for Persons who have lost someone to suicide. Held at Marble Works District, Maple Street, Middlebury, VT. Call Kathy Jones 802-989-2487 or [peaceinvt@comcast.net](mailto:peaceinvt@comcast.net) Patty Dunn 802-388-4111 or [pdunn@hospicevs.org](mailto:pdunn@hospicevs.org)

Hospice Volunteer Services Bereavement Care Services provides:

- One-on-one conversations with our Bereavement Care Coordinator.
- Grief groups for adults who have experienced the death of a loved one. In the safety of a small, professionally facilitated group, people discover the healing power of sharing the thoughts, feelings, and insights they may have in common with others who recognize and understand their pain. Please call (802) 388-4111 or [www.hospicevs.org](http://www.hospicevs.org) to register.
- Holiday grief groups in the late fall, to help with the approaching holiday season, which can be an especially difficult time when grieving.
- Monthly Alumni group for participants who have completed a grief group and would like additional or ongoing support.