

## Suicide Loss Grief Support Resource List – March 2021

### Chittenden County

#### Burlington

##### General Grief - UVM Health Network Home Health and Hospice

Online support group for anyone that is grieving. Meets via Zoom twice a month. For more information contact Ally Parker at 802-860-4497 ext.3405 or [Allyson.Parker@uvmhomehealth.org](mailto:Allyson.Parker@uvmhomehealth.org)

##### COVID-19 Grief Support - UVM Health Network Home Health and Hospice

Online support group for anyone who has experienced a loss due to COVID-19. Meets via Zoom on Mondays from 6-7pm. For more information contact Ally Parker at 802-860-4497 ext.3405 or [Allyson.Parker@uvmhomehealth.org](mailto:Allyson.Parker@uvmhomehealth.org)

### South Burlington

#### Survivors of Suicide Support Group

This group is an open group for persons experiencing the impact of the loss of a loved one to suicide. People interested in attending are asked to kindly contact Heather Schlepner for additional information prior to coming to their first meeting.

##### Meeting information:

**When:** 1<sup>st</sup> Wednesday of each month

**Time:** 6:00 to 7:30 pm

**Where:** Currently meeting on Zoom

**Contact:** Heather Schlepner at 301-514-2445 or [RaysOfLifeYoga@gmail.com](mailto:RaysOfLifeYoga@gmail.com)

### Washington County Mental Health Services

#### Barre

##### Central Vermont Health & Hospice

Central Vermont Health & Hospice offers online via Zoom, CVHHH offers grief support groups in 6-week sessions. Groups offered: Grief and Loss, Spouse/Partner Loss. Contact Diana Moore, Bereavement Coordinator, 802-224-2241, [dmoore@cvhhh.org](mailto:dmoore@cvhhh.org)  
<https://www.cvmc.org/community-wellness/classes-and-events/bereavement-support-group-0>

### Franklin County

#### St Albans

##### Northeastern Counseling Support Services

Survivors of Suicide Support Group meets the second Thursday of each month from 6- 7:30pm and is currently held via Zoom. To discuss and receive zoom meeting link contact Tony Stevens [astevens@ncssinc.org](mailto:astevens@ncssinc.org) or Deborah Babbie 802-393- 6503

### Lamoille County

#### Morrisville

##### Lamoille County Mental Health Services

Grief Support Group for anyone who is grieving is offered on the first and third Tuesday of every month from 5:30-6:30pm. The Support for Survivors of Suicide Loss Group meets the last Wednesday of every month from 6-7pm. Please call for location and more information: for grief support contact Oona Lee, [olee@lhha.org](mailto:olee@lhha.org), or Jane Paine for survivors of suicide, [jpaine@lhha.org](mailto:jpaine@lhha.org) at Lamoille Home Health and Hospice, Morrisville, VT (802) 888-4651



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Suicide  
Prevention  
Center

28 Vernon Street, Suite 319, Brattleboro, Vermont 05301  
phone (802) 254-6590 • fax (802) 254-5816 • [info@healthandlearning.org](mailto:info@healthandlearning.org)  
[www.healthandlearning.org](http://www.healthandlearning.org) • [www.vtspc.org](http://www.vtspc.org)

**Windham County****Brattleboro****Southern Vermont Health Care and Rehabilitation Services**

Mixed loss support groups held via zoom on Tuesday and Thursday from 5-6pm. One-to-one support can also be provided. Please contact Lars Hunter for more information and to register, [lars.hunter@brattleborohospice.org](mailto:lars.hunter@brattleborohospice.org)

**Bennington County****Bennington****United Counseling Services**

VNAHSR offers individual bereavement services as well as grief workshops. For more information call 800.244.0568 or email [Hospice@vnahsr.org](mailto:Hospice@vnahsr.org). You may also wish to visit the [Support Groups Calendar page](#) to view a schedule of upcoming workshops

**Rutland County****Rutland****Compassionate Friends – Rutland**

Families that have experienced the death of a child. Parents, siblings and grandparents are encouraged to attend. Offered the first Tuesday of every month from 7-9pm at Grace Congregational Church, 8 Court Street, Rutland VT. For more information contact Michael 802-446-2278 or [m2vt@aol.com](mailto:m2vt@aol.com)

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**Windsor County****Lebanon, NH****The Dartmouth-Hitchcock Aging Resource Center**

The center offers one-on-one bereavement support, periodic eight-week support groups, a lending library and assistance finding ongoing bereavement support in the Upper Valley. For more information contact [Deadra.B.Ashton@hitchcock.org](mailto:Deadra.B.Ashton@hitchcock.org)

**White River Junction**

The VA Medical Center provides bereavement support to those with a connection to the military, offering bimonthly support groups, one-on-one counseling and memorial services. For more information contact Mary Lewis Webb, (802) 295-9363, ext. 5417

**Addison County****Middlebury****End of Life Services – Bereavement**

Bereavement services are being held by Zoom, including facilitated groups, expressive arts, writing and journaling, personal grief companions and one-one support. Loaner equipment available for those who need it to be able to participate in this way. For more information call 802-388-4111 or go to <https://www.endoflifevt.org/bereavement>



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**Online Support Community – Chats, Facebook****Loss of A Child — Compassionate Friends**

The Compassionate Friends offers a variety of private Facebook Groups and live chats through an Online Support Community for those who are grieving the death of a child. The Compassionate Friends offers “virtual chapters” through an Online Support Community (live chats) and a variety of private Facebook Groups. <https://www.compassionatefriends.org/find-support/online-communities/>

For more information or to update any information shown in this resource: [info@healthandlearning.org](mailto:info@healthandlearning.org)

**If you or someone you know are in crisis, call 1-800-273-8255 or Vermont 2-1-1  
Or text VT to 741741**



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