

Six-Week Grief Support Group Aroostook County



Have you lost a loved one? When someone we love dies, it can feel overwhelming. You may feel alone and that no one understands what you are going through. The truth is that many are walking a similar path. Consider coming to a place where you can talk, grieve, and move forward with people who are also grieving.

Northern Light A.R. Gould Hospital

East Annex, Door 2, 2nd Floor Conference Room

Six consecutive Wednesdays, January 7 – February 11, 2026, 6 – 7:30 PM

- Registration required.
- Free and open to anyone who has experienced the loss of a loved one.
- Limited to 12 participants, who are encouraged to attend all group sessions.

For more information and to register, please contact:

George McLaughlin, Bereavement Coordinator
207.498.9039 or gmclaughlin@northernlight.org