

An Epidemic of Opiate Addiction Continues to Sweep the Country

This epidemic has, sadly, left many families with the grief of an overdose death. Yet the unique experience of grieving an overdose death is often accompanied with feelings of guilt, shame, fear and isolation.

Coping Today Grief Support

brings us together to openly discuss our feelings and to keep the memory of our lost loved ones alive. We are here so that no one has to go through this journey alone.

We want to express our deepest sympathy to anyone who has lost a loved one to the disease of addiction. The feelings we go through after such a devastating loss may seem unbearable at times, and it is important to seek the support of others so that we can begin to heal.

The Learn to Cope members and those Coping Today are "family" and we are here to help.

Everyone goes through the process of grief differently. The stages of grief do not necessarily go in order, and there is no specific timetable for the length or timing of each stage. It can be a complicated process. It is important to be patient with yourself and to work through these intense emotions in your own way.

Lovingly sponsored by



A peer-led support network for families dealing with addiction and recovery

www.learn2cope.org

Coping with the loss of a loved one from drugs or alcohol?

Coping Today Grief Support

Peer-led support groups for families and friends dealing with the loss of a loved one from substance use disorder



**There is help.
You are not alone.**

These groups offer monthly meetings where members share experiences, resources and strategies from their personal grief journeys.

We come together because we share a unique bond as we are

Coping Today

with the loss of a loved one from drugs or alcohol. While we all enter at different stages of our grief, we share an understanding of the circumstances that led us here, often after a long and stressful journey with our loved one's disease of addiction.

These peer-led support groups offer understanding, acceptance, love and support as we all navigate through this experience together.

MEETINGS

The Sun Will Rise– BRAINTREE

Robyn Houston-Bean
(781) 789-4604
robyn@thesunwillrise.org
Braintree Town Hall, 2nd floor
1 JFK Memorial Dr.,
Braintree, MA 02184
7:00-8:30 pm
First Wednesday of every month

The Sun Will Rise– QUINCY

Robyn Houston-Bean
(781) 789-4604
robyn@thesunwillrise.org
New Way Recovery Center
85 Quincy Ave., Quincy, MA 02169
7:00-8:30 pm
Third Tuesday of every month

Matthew's Candle– HANSON

Mary Peckham
(781) 294-1545
Matthewscandle922@gmail.com
Calvary Baptist Church
429 Monponsett St.,
Hanson, MA 02341
6:30-8:00 pm
Third Tuesday of every month

Alicia's Angels– READING

Mary DeMarco
(781) 838-2330
AliciasAngels@comcast.net
St. Agnes Lower Church Hall
186 Woburn St., Reading, MA 01867
7:00-8:30 pm
*Second Monday &
Last Thursday of every month*

Consoling Partners– EAST SANDWICH

Jeanne Doherty Flynn
(508) 759-9420
Consolingpartners@gmail.com
Corpus Christi Parish Hall
324 Quaker Meeting House Rd.
East Sandwich, MA 02537
6:30-8:00 pm
Third Wednesday of every month

Boston Grief Group– BRIGHTON

Rhonda Lotti
(781) 254-1280
bostongriefgroup@gmail.com
St. Elizabeth's Hospital
736 Cambridge St., Brighton, MA 02135
7:00-8:30 pm
Second Wednesday of every month

One Step at a Time– MARLBOROUGH

Kathy Leonard
(508) 460-2002
drummerinheaven@gmail.com
First Congregational Church
37 High St., Marlborough, MA 01752
6:30-8:00 pm
First Thursday of every month

Zack's Team Grief Support– LOWELL

Louise Griffin
(978) 257-5971
Lgg1102@yahoo.com
Reilly School, Library
115 Douglas Rd., Lowell, MA 01852
6:30-8:00 pm
Third Tuesday of every month

H.A.L.O. 15– FITCHBURG

(Healing After Loss from Overdose)
Michelle MacDonald Dunn
(978) 314-7889
Michelle@aedfoundationinc.org
Fitchburg CHC
326 Nichols Rd., Fitchburg, MA 01420
6:30-8:00 pm
Third Tuesday of every month

Our Angels Wings– SAUGUS

Doreen Clark
(857) 201-9446
Doedoe017@yahoo.com
Diane Restaino
(617) 513-6567
drestaino@comcast.net
54-58 Essex St. (MEG Bldg.)
Saugus, MA 01906
6:30-8:00 pm
Third Thursday of every month

Next Step Surviving the Loss from Addiction– WORCESTER

Aileen Lovejoy
(508) 755-5041
Nextstepgriefgroup@gmail.com
Deb Dowd-Foley
(508) 248-5622
Our Lady of the Angels Church
(The Parish Center)
1222 Main St., Worcester, MA 01603
7:00-8:30 pm
First Monday of every month

Billerica Grief Group– BILLERICA

Nancy Maiullari
(781) 844-2127
nmaiullari@gmail.com
Billerica Town Hall
365 Boston Rd., Billerica, MA 01821
7:00-9:00 pm
First Tuesday of every month

H.A.L.O. 36– ARLINGTON/ WINCHESTER

(Healing After Loss from Overdose)
Lin Kelleher
(617) 699-7702
Link5555@aol.com
St. Eulalia Parish
50 Ridge St., Winchester, MA 01890
6:30-8:00 pm
First Sunday of every month

HEAL– NEWBURYPORT

(Honoring Endings After Loss Grief and Bereavement Services)
Gale Brunault
(978) 360-1915
Gale20@comcast.net
Newburyport Public Library
94 State St., Newburyport, MA 01950
5:30-7:00 pm
Every Tuesday

Please contact group leader before attending first meeting. Times and locations are subject to change. Please visit the "Grief Resources" section of Learn2Cope.org for most current information.

For questions or further information contact **Cheryl Juairé** at **(978) 375-4941** or CopingToday2017@gmail.com