

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 Meetings bring 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. 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.

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.**



MEETINGS

H.A.L.O. 34 – ARLINGTON/WINCHESTER

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

THE SUN WILL RISE – BRAINTREE

Robyn Houston-Bean
781-789-4604
robyn@thesunwillrise.org
Braintree Town Hall, 2nd Fl.
1 JFK Memorial Dr., Braintree, MA
7:00 to 8:30 pm First Wednesday
of each Month

BOSTON GRIEF GROUP – BRIGHTON

Rhonda Lotti
781-254-1280
bostongriefgroup@gmail.com
St. Elizabeth's Hospital
736 Cambridge St., Brighton, MA
7:00 to 8:30 pm Second Wednesday
of each Month

COPING ADDICTION LOSS – EAST LONGMEADOW

Joanne Sullivan
413-781-7750
Copingaddictionloss@gmail.com
Forastire Funeral Home - Grief Library
220 North Main St., E. Longmeadow, MA
7:00 to 8:30 pm First Wednesday
of each Month

H.A.L.O. 15 – FITCHBURG

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

ZACK'S TEAM GRIEF SUPPORT – LOWELL

Louise Griffin
978-257-5971
Lgg1002@yahoo.com
Reilly School (in the Library)
115 Douglas Rd., Lowell, MA
6:30 to 8:00 pm Third Tuesday
of each Month

ONE STEP AT A TIME – MARLBOROUGH

Kathy Leonard
978-875-0606
drummerinheaven@gmail.com
First Congregational Church
37 High St., Marlborough, MA
6:30 to 8:00 pm First Thursday
of each Month

RISE UP – MILFORD

Katie Truitt
774-248-4526
ktruitt3@gmail.com
Crystal Room
49 Cedar St., Milford, MA
7:00 to 8:30 pm First Wednesday
of each Month

THE JOURNEY-LIVING WITH LOSS – NATICK

Kathryn Stygles Peirce
774-286-9986
peirceka@gmail.com
Natick Senior Ctr., 117 E. Central St., 2nd Fl,
Natick, MA
7:00 to 8:30 pm Last Tuesday
of each Month

HEAL – NEWBURYPORT

(Honoring Endings After Loss Grief and
Bereavement Services)
Gale Burnault, LHMC
978-360-1915
Immaculate Conception
42 Green St., Newburyport, MA
5:30 to 7:00 pm Every other Tuesday
of each Month

BMC BEREAVEMENT GROUP – PITTSFIELD

Ann O'Neil
413-447-2251
aoneil2@bhs.org
Berkshire Medical Center
725 North St., Pittsfield, MA
6:00 to 7:00 pm Second Monday
of each Month

WE ARE THEIR CANDLES – PLYMOUTH

Mary Peckham
781-294-1545
Cynthia Wyman
617-688-5314
South Shore Community Action Building
71 Obery St., Plymouth, MA
7:00 to 8:30 pm Second Thursday
of each Month

THE SUN WILL RISE – QUINCY

Robyn Houston-Bean
781-789-4604
robyn@thesunwillrise.org
New Way Recovery Center
85 Quincy Ave., Quincy, MA
7:00 to 8:30 pm Third Tuesday
of each Month

ALICIA'S ANGELS - READING

Mary DeMarco
781-838-2330
AliciasAngels@comcast.net
St. Agnes Lower Church Hall
186 Woburn St., Reading, MA
7:00 to 8:30 pm Second Monday each
Month AND a Monthly Social, on Last
Thurs., Monthly

LEARNING TO COPE WITH GRIEF – SALEM

Colleen Bullard
508-641-9054
Colleencb29@gmail.com
Salem Hospital – Davenport 101
81 Highland Ave., Salem, MA
7:00 to 8:30pm Last Tuesday
of each Month

CONSOLING PARTNERS – SANDWICH

Jeanne Doherty Flynn
508-360-3659
Consolingpartners@gmail.com
Corpus Christi Parish Hall
324 Quaker Meeting House Rd.,
E. Sandwich, MA
6:30 to 8:00 pm Third Wednesday
of each 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 Building),
Saugus, MA
6:30 to 8:00 pm Third Thursday
of each Month

H.A.L.O. 18 – WORCESTER

(Healing After Loss from Overdose)
Aileen Lovejoy
508-755-5041
Deb Dowd-Foley
508-248-5622
Nextstepgriefgroup@gmail.com
Our Lady of the Angels Church
(Parish Center)
1222 Main St., Worcester, MA
7:00 to 8:30 pm First Monday
of each Month

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 **Kathy Leonard**
(978) 875-0606
CopingToday2018@gmail.com