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

LEARN to COPE
A peer-led support network for families dealing with addiction and recovery
www.learn2cope.org
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 Sun of Month

THE SUN WILL RISE – BRAINTEER
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 Wed of 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 Wed of 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 Wed of Month

H.A.L.O. 15 – FITCHBURG
(Healing After Loss from Overdose)
Michelle MacDonald Dunn
978-314-7889
Michelle@aefoundationinc.org
Fitchburg CHC
326 Nichols Rd., Fitchburg, MA
6:30 to 8:00 pm Third Tues of Month

MATTHEW’S CANDLE - HANSON
Mary Pecham
781-294-1545
Cynthia Wyman
617-688-5314
matthewscandle922@gmail.com
Calvary Baptist Church
429 Monsonett St.
Hanson, MA
6:30 to 8:00 pm Third Tues of Month

ZACK’S TEAM GRIEF SUPPORT – LOWELL
Louise Griffin
978-257-5971
Lgg102@yahoo.com
Reilly School (in the Library)
115 Douglas Rd., Lowell, MA
6:30 to 8:00 pm Third Tues of 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 Thurs of Month

RISE UP – MILFORD
Katie Truitt
774-248-4526
Ktruitt3@gmail.com
Community Impact Inc
12 Main St., Milford, MA
7:00 to 8:30 pm First Wed of Month

THE JOURNEY-LIVING WITH LOSS – NATICK
Kathryn Stylges 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 Tues of 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 Mon of 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 Thurs of 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 Tues of 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 2nd Mon each Month
AND a Monthly Social on Last Thurs

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 Tues of 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 Mon of 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 Wed of Month

OUR ANGELS WINGS – SAUGUS
Doreen Clark - 857-201-9446
doeoe017@yahoo.com
Diane Restaino - 617-513-6567
dreistaino@comcast.net
54-58 Essex St. (MEG Building), Saugus, MA
6:30 to 8:00 pm Third Thurs of Month

THE SUN WILL RISE – WEYMOUTH
Robyn Houston-Bean
781-789-4604
robyn@thesunwillrise.org
Crossroads Church
241 Broad St., Weymouth, MA
7:00 to 8:30 pm Second Thurs of Month

Please contact group leader before attending first meeting as times and locations are subject to change.

For questions or further information contact:
Kathy Leonard - (978) 875-0606
CopingToday2018@gmail.com