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
BRAINTREE, BRIDGEWATER, BROCKTON, FOXBORO, MAYNARD, NEWBURYPORT, QUINCY, RAYNHAM, WEYMOUTH
Robyn Houston-Bean 781-789-4604
robyn@thesunwillrise.org
PRE-REGISTER at www.thesunwillrise.org

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@aedfoundationinc.org
Fitchburg Community Health Connections
326 Nichols Rd., Fitchburg, MA
6:30 to 8:00 pm Third Tues of Month

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

ZACK’S TEAM GRIEF SUPPORT – LOWELL
Louise Griffin 978-257-5971
Lgg1102@yahoo.com
Sandy Fall 978-957-5564
Reilly School (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 2nd Wed of Month

RISE UP – MILFORD
Katie Truitt 774-248-4526
ktruitt13@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 Stygles Peirce 774-286-9986
the.journey.substance.loss@gmail.com
Natick Senior Center, 2nd Floor
117 E. Central St., Natick, MA
7:00 to 8:30 pm Last Tues of Month

A LEGACY OF LOVE – PITTSFIELD
Dawn Win nordover 413-344-3475
dawn.win nordover@yahoo.com
Moments House
2 South St., Suite 120, Pittsfield, MA
6:00 to 7:30 pm Second Mon of Month

WE ARE THEIR CANDLES – PLYMOUTH
Mary Peckham 781-294-1545
Cynthia Wyman 617-688-5314
Plymouth Recovery Center
71 Obey St., Plymouth, MA
7:00 to 8:30 pm Second Thurs of Month

ALICIA’S ANGELS - READING
*registration required please email*
Mary DeMarco 781-838-2330
aliciasangels@comcast.net
St. Agnes Parish - Lower Church Hall
186 Woburn St., Reading, MA
7:00 to 8:30 pm 2nd Mon of Month
AND a Monthly Social on Last Thurs of Month

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 8:30 pm Last Tues 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

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

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 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