

SUPPORT GROUPS

Resource	Agency Name	Description	Physical Site
<i>Cancer</i>			
Breast Cancer Support Group	Mid Coast Health Services	Support group for persons with breast cancer provides education and emotional support.	Brunswick
Camp Rainbow	ACS, Northern New England	Annual weeklong camping opportunity in June at Camp Jordan in Ellsworth with on site medical supervision.	Topsham
Cancer Support Group	Mid Coast Health Services	Support group for persons with cancer, their family, and friends.	Brunswick
Cancer Survivors Network	ACS, Northern New England	Website offers peer support and education.	Topsham
I Can Cope	ACS, Northern New England	Community based group education and support program.	Topsham
Look Good...Feel Better	ACS, Northern New England	Volunteer cosmetologists assist women coping with appearance related side effects of cancer treatment.	Topsham
Man to Man	ACS, Northern New England	One-to-one support and information from prostate cancer survivors.	Topsham
Prostate Cancer Support Group	Mid Coast Health Services	Support group for survivors of prostate cancer and their families.	Brunswick
Reach to Recovery	ACS, Northern New England	One-to-one support and information from breast cancer survivors.	Topsham
Women with Cancer	Mid Coast Hospital	Meets once a month in the hospital, sponsored by American Cancer Society and Mid Coast Hospital. We also offer an Advanced Breast Care Support Group.	Brunswick
<i>Chronic disease general</i>			
Adult Grief Support Group	Hospice Volunteers Center for Grief and Loss in Mid Coast Maine	Support group for adults who have experienced the death of a loved one offers a six week structured grief program in the spring and fall.	Brunswick
Caregiver Support Group	Respite Care	Support group for caregivers; occasional speakers.	Brunswick
Chronic Pain Support Group	Mid Coast Health Services	Support group for persons living with chronic pain, their family and friends offers coping skills, empathy, and understanding.	Brunswick
Grief Support Program	Hospice Center, Brunswick	Support group for persons who have experienced the death of a loved one offers peer support.	Brunswick
Grieving Parents Support Program	Hospice Volunteers Center for Grief and Loss in Mid Coast Maine	Support group for parents who have experienced the death of a child offers peer support.	Brunswick

Resource	Agency Name	Description	Physical Site
Hospice Volunteers Center for Grief and Loss in Mid Coast Maine	Hospice Volunteers Center for Grief and Loss in Mid Coast Maine	Non-medical volunteer program of direct care and support for persons facing death and their loved ones; promote education and dialogue within the community about end-of-life issues.	Brunswick
Living Loss Living Hope Support Group	Hospice Volunteers Center for Grief and Loss in Mid Coast Maine	Support group for children and adults living with a life threatening illness, their caregivers, and family members offers emotional, social and spiritual support.	Brunswick
Living with Loss Grief Recovery Support Group	Parkview Adventist Medical Center	Grief group offers education and peer support from a Christian perspective; 6 week sessions.	Brunswick
Respite Care	Respite Care	Adult day service, information, referral, education, support groups.	Brunswick
Transitions: Mid Coast Grieving Children's Support Group	Hospice Volunteers Center for Grief and Loss in Mid Coast Maine	Grief support services for children and adults experiencing loss due to death of loved one.	Brunswick
<i>Heart disease</i>			
Cardiac Welness Classes	Mid Coast Hospital	Cardiac rehabilitation program offers classes on selected topics such as motivation to make changes in lifestyle, exercise, and healthy eating.	Brunswick
<i>Stroke</i>			
Communicate After Stroke	Mid Coast Hospital	Support group for stroke survivors with communication problems provides opportunity to exercise and improve communication ability in a friendly and supportive environment; family members, caregivers, and friends are welcome; support group is facilitated by a speech pathologist	Brunswick
<i>Substance abuse</i>			
Affected Others Support Group	Mid Coast Health Services	Support group for friends and family affected by the substance abuse or alcohol abuse of their loved ones.	Brunswick
Living Sober	Church of the Nazarene	A program for those struggling with alcohol addiction	Brunswick
Miracles in Progress/Family Group for Alcoholics	United Church of Christ Bath	An al-anon family group.	Bath
<i>Tobacco cessation</i>			
Help for Smokers	Martin's Point	This Program provides information and support for individuals trying to quit or interested in learning about quitting.	Brunswick