



Janice Olson George

April 15, 1957 - October 8, 2022

Portsmouth - Janice Olson George, 65, died on October 8, 2022 at her home in Portsmouth, NH after an extended illness. She was born April 15, 1957, the second daughter of Colonel Donald Charles Olson and Janice Vilics Olson.

Janice loved animals and she was passionate about her work as a psychotherapist. She was gifted in many things, but perhaps her greatest gifts were empathy and an innate understanding of how to listen to others. Janice considered her body her artist's canvas and was known for her sense of fashion, love of jewelry and makeup. She had a reverence for the world and all its creatures, deep compassion, generosity and quiet wisdom.

Janice earned degrees at the University of Maine at Farmington, Antioch New England Graduate school, the Boston Psychoanalytic Society and Institute, and the Massachusetts Institute of Psychoanalysis. She spent her career as a therapist helping many people through trauma and difficulty. She was well-known for her warmth and kindness.

Janice married her husband, Christopher L. George in July of 1985 and they remained happily together until her passing. Janice is survived by her sister Susan Drisko and her husband Lindsay; her brother Don Olson and his wife Jill; her sister Roz Olson and her wife Debi Graham; her siblings-in-law Robert George, William T. George Junior, Philip George, Joyce George and their

families; her nieces Petra, Sandra, Danielle, Jennifer, Susan, Jessica, Anisa, Caitlin and nephews Tyler, John, Stephen, Wesley, Sam, Walker, Carson and Lowell; and many great-nieces and nephews; along with her beloved cat Bear.

The family would like to express their deep gratitude to the oncology team at Tufts Medical Center and to Beacon Hospice Care, and to Dr. Tamara Vesel whose compassion and love for Janice were immensely comforting through the end.

A service of remembrance will be held at 2 PM Saturday, November 12, 2022 at South Church, 292 State Street, Portsmouth, NH followed by a reception. In lieu of flowers, please donate by clicking here to the Center For Wildlife (<https://www.thecenterforwildlife.org/>) 375 Mountain Road, Cape Neddick, ME 03902 York, ME. Assistance with the arrangements was by the Remick & Gendron Funeral Home-Crematory, Hampton.

Previous Events

Memorial Service

NOV 12. 2:00 PM (ET)

South Church
292 State Street
Portsmouth, NH

Tribute Wall

DB

“ I heard just today that Jan had passed and I am deeply saddened. Jan was a very special friend who I had the opportunity to know and love. Rest in peace my dear friend. My sincere sympathy's to her family.

Dave Blomquist - January 03, 2024 at 11:16 AM

DH

“ Back in 1992 I was struggling with breaking free from a religion that was really not me . Janice was so kind, empathetic and compassionate. I did not know she had passed and gone back to spirit. It is quite a shock. Here it is 31 years later (that I met her) and I am not sure I would be here without her kind and helpful soul. May she be free of pain and know how cared for she was by many . To make such a powerful difference in so many lives is surely why she was here. Rest Janice.... Well done....

DH - November 18, 2023 at 09:51 PM

HG

“ I am so sad to read about Janice. She was my therapist during my days at UNH. She helped me through SO different many things during a really confusing time in my life. I will be forever grateful for everything that she instilled in me and all the various perspectives she gave me. Sending her whole family love!

HG - July 28, 2023 at 03:23 PM

EC

“ I miss Janice so much. Her service was such a gift and was so healing. The messages she implanted in her service- "all are welcome to remember me and celebrate my life". "I am well, I am not gone, I am still here with you", "Death is nothing". "Kindness is everything. Kindness to yourself, kindness in your interactions with the world." I know there had to be sadness and pain for Janice, but in her service she wanted us to feel reassured and less alone. I am so grateful to have been part of that gathering to remember and love and celebrate dear Janice. I miss the pictures of Janice. The one that stays in my mind the most is of her spinning outside in a beautiful shiny purple dress. It evokes her lightness, joy, ability to celebrate herself, and fun.

I worked very hard with Janice for many years, and she held me to a high standard of effort and change that was very deep and serious and solid. "Therapy is hard work" was her frequent mantra for me when I got frustrated. The service she planned reminded me that this hard work was done so that I could experience life more fully, with more joy and acceptance and less fear and shame. Everyone who spoke and everyone who has written here in this tribute have probably experienced both of these sides of wonderful Janice, and many people knew many more aspects. I am grateful for the memories people share. I am grateful for hearing her voice when I confront familiar and unfamiliar challenges. But I am still so very sad that she is gone. Be well, sweet Janice, and thank you.

EC - February 05, 2023 at 10:37 AM



“ Janice made a huge impact on my life in a rather short period of time. We were both part of a "Healing Circle" for Living with Cancer. Back in June 2022, Janice read an entry from her journal and it brought me to tears. It was so true, so moving and so well-written. I would love to get a copy of it so I can share it with Oncologists who need to learn the patient's perspective. If you are willing to share with me, I will certainly give Janice credit for the work. My email is booksbyliz@gmail.com Thank you very much, Janice was a gem in my life and I'm so sorry for your huge loss.

Liz Fleming - January 01, 2023 at 05:33 PM



“ I am so incredibly sad to hear about Janice's passing. I saw her for seven years and words can not express the impact she had on my life. I owe so much of what I have achieved to Janice and I truly believe I would not be the person I am today without her. I send my condolences to her family and I hope they can take comfort in knowing what a profound mark she left on the world. I will always look back on our time together so fondly and will never forget her.

C - December 20, 2022 at 08:24 AM



“ Janice was such a kind person with a great sense of humor and a lovely lightness of being. I loved spending time with her! We did several hikes together and enjoyed talking about our lives. She was so dedicated to caring for her clients. I was sad when we lost touch. I am stunned by her loss. She had so many amazing gifts!

Gianna S. - November 17, 2022 at 05:52 PM

MH

“ My condolences to Janice's family, friends, and all those who worked with her. You never forget your first supervisor, and I will never forget Janice George. My husband I were moving from Baltimore to New England after graduate school when Janice hired me to work for her at Carroll County Mental Health in Wolfeboro. She helped shape me both as a new therapist and as a future supervisor. Someone else here mentioned Janice's "quiet fierceness." She was fiercely protective of her staff and clients. Janice's passing, way too soon, is a huge loss for all of us, colleagues and clients, in the mental health community.

MEGHAN HARFORD - November 12, 2022 at 08:12 AM

CS

“ I remember a delightful group dinner at a self-psychology conference in Vancouver where I was fortunate to sit next to Janice. She was thoughtful, fun bright and so much more. What a loss!! My sympathies to the family.

cynthia sortwell - November 11, 2022 at 05:36 PM

MM

“ Condolences to all who loved Janice. She and I collaborated on several clinical cases when I was working as a psychotherapist in Dover. She was so smart and helpful and always very professional with her patients. What a loss for the mental health community and fir her loved ones. She was too young.

mary Jo Martin - October 30, 2022 at 03:42 PM

CR

“ My deepest sympathies to your family. I hired Janice as a counselor for a family planning agency many years ago. She was such a caring, compassionate, skilled staff member, a joy to be around. We lost touch over the years, but I never lost my high regard for her. The world was a better place because of her.

Chuck Rhoades - October 30, 2022 at 10:22 AM

MP

“ Janice changed my life. I was a patient of her's for 5 years. In that time she helped me learn how to hope. She taught me to listen to and connect with my emotions and, in doing so, unlocked a path to heal wounds I thought would fester forever. She showed me that my life had value and deserved to be lived fully. She NEVER gave up on me, even when at times I felt like giving up on myself. Her love and support were perpetual, even when she needed to be tough with me I knew she was doing it with such love. When I find myself in troubling situations I often ask, “what would Janice say?” It's as though she taught me how to be my own therapist at times and in that way she is still with me. Her passing is a great sadness to me (and surely many, many others). While my heart aches, it is also extremely grateful to her, overflowing with gratitude for this exceptional woman so many of us are marked by.

My deepest condolence to her family. My heart breaks with yours. May peace and love find its way to your hearts quickly.

MP - October 28, 2022 at 11:14 PM

JE

“ *I only knew Janice a little, but my wife was a client for many years. Without Janice's help in managing her strengths, weaknesses, and idiosyncrasies, our marriage would never have reached the level of wonderfulness that it did. So I am grateful to have had Janice in our lives, which influenced us both to become better as individuals and as a couple.*

Jeff - October 20, 2022 at 01:35 PM

SA

“ I was fortunate enough to have found Janice at a time in my life when I really needed someone who could help me navigate through a very painful situation with my son, and to find ways to make my life work even with childhood and parent-hood traumas. For four years Janice always made me feel like she believed in me, and that she was always 'in my corner' for support, reassurance and calming advice when I felt like I was faltering. Even when she would take some 'time off' of work- she always left me connected to someone (often times it was still her) for anything that felt unmanageable to me. And her calm steady strong and reassuring presence I still feel, along with her soft voice telling me 'Everything will be alright. You and I will be alright.' (trauma of Trump years, world events, racism rising also....). As I started to feel like I could manage pretty well, keeping her voice in my head when I was not sure what to do (another 'what would Janice do' example :) I think I joked with her about if she had a 'maintenance plan'- because I never wanted to let her go completely.

There are so many things I admired about Janice- her hiking adventures and love of nature, her sense of humor and ability to laugh with me even through tears, and her steady calm strength. There is a lot more, of course. But I am not a 'social media' person- and I even feel very strange writing this here. But Janice was very special, and I am forever grateful to have known such a wonderful strong and kind woman, and I want all her loved ones to know how much she meant to me, and that I hope that her 'presence' and your love for eachother can help a bit through this huge sadness and loss.

I am so very very sorry. I will remember her always and think of her and you all often.

Sara - October 18, 2022 at 08:32 AM

MP

Janice changed my life. I was a patient of her's for 5 years. In that time she helped me learn how to hope. She taught me to listen to and connect with my emotions and, in doing so, unlocked a path to heal wounds I thought would fester forever. She showed me that my life had value and deserved to be lived fully. She NEVER gave up on me, even when at times I felt like giving up on myself. Her love and support were perpetual, even when she needed to be tough with me I knew she was doing it with such love. When I find myself in troubling situations I often ask, "what would Janice say?" It's as though she taught me how to be my own therapist at times and in that way she is still with me. Her passing is a great sadness to me (and surely many, many others). While my heart aches, it is also extremely grateful to her, overflowing with gratitude for this exceptional woman so many of us are marked by.

My deepest condolence to her family. My heart breaks with yours. May peace and love find its way to your hearts quickly.

MP - October 28, 2022 at 11:12 PM

LA

“ *What Would Janice Do (wwjd) was a motto I held close to my heart for the past twenty years and will continue to hold dear for the rest of my life. I am so honored to be have been touched by her wisdom, undeniable strength, and her quiet fierceness. I am holding sacred space in my heart for Chris and her entire family through the grief stricken days...months...years ahead. With all my love, Lauren*

Lauren - October 17, 2022 at 08:18 PM

LA

“ *Lauren lit a candle in memory of Janice Olson George*



Lauren - October 17, 2022 at 07:57 PM