

Widowed Persons/Life Partner Grief Support Group
Young Widowed Persons/Life Partner Grief Support Group
Adults with Parental Loss Grief Support Group

These support groups bring together adults who are grieving because of one or more losses due to death. The groups allow the participants to give and receive support and understanding, to explore the meaning and process of grief, and to learn about ways to regain a sense of balance and direction in their lives.

Bereavement Luncheon

This noontime group will bring together individuals who have experienced the death of a loved one and provide them an opportunity to hear speakers talk on various topics regarding grief and loss. Lunch will be served at a \$7.00 charge.

GRIEF WORKSHOPS:

“Recharging Our Batteries: Stress Management and Relaxation”

As the journey through grief can be one of the most stressful times in our lives, it is helpful to have practical ways to cope. This workshop will give you information, ideas, and practice for managing stress gracefully and effectively.

“Understanding Grief”

Grief is an ongoing process. This 60-minute session will help you to understand the long lasting feelings and what to expect after a loved one dies.

“Finding Meaning After Loss”

Healing through grief brings new direction in our life, and meaning over time. This workshop is for those who are ready to explore ways of creating a meaningful life and moving forward after a loss.

“Shifting Sands: Explore Your Grief Through Color and Sand”

When someone we love dies we may have difficulty accepting the loss and expressing our feelings. This workshop is a creative outlet to explore positive ways to express the many emotions of grief.

“Coping with the Loss of a Parent”

To lose a parent and face the prospect of life without them can be a challenging and sometimes immobilizing experience. This workshop will discuss what our parents represent for us, and how losing a parent differs from other losses.

All of our workshops and support groups are free of charge and are open to the community. The Bereavement Luncheon costs - \$7.00/person and is payable at the door. Pre-registration is required for any group, workshop or luncheon. Please call Pat Schoenleber at 443-849-8251 for more information and to register.

Gilchrist Hospice Care
555 West Towsontown Boulevard
Towson, Maryland 21204

BEREAVEMENT SERVICES CALENDAR

Support Groups & Workshops

July - September 2008

GILCHRIST HOSPICE CARE

555 West Towsontown Boulevard
Towson, MD 21204

443.849.8200

gilchristhospice.org

HOWARD COUNTY

5537 Twin Knolls Road, Suite 433
Columbia, MD 21045

410.730.5072

Gilchrist Hospice Care provides services without regard to race, color, creed, gender, disability, sexual orientation, ability to pay or national origin.

TTY Maryland Relay Service: 1-800-735-2258



Formerly Hospice of Baltimore
and Howard County and Gilchrist Center

A **GBMC** AFFILIATE

GROUP	DAY	DURATION	DATE	TIME	LOCATION
JULY					
Grief Workshop: <i>“Recharging Our Batteries – Stress Management & Relaxation”</i>	Tuesday		7/1	6:30 - 7:30 pm	Gilchrist Center - Conference Rooms
Grief Workshop: <i>Understanding Grief</i>	Wednesday		7/9	6:30 - 7:30 pm	Gilchrist Center - Conference Rooms
Grief Workshop: <i>“Finding Meaning After Loss”</i>	Monday		7/14	6:30 - 7:30 pm	Gilchrist Center - Conference Rooms
Bereavement Luncheon	Tuesday		7/15	12:00 - 1:30 pm	Gilchrist Center - Conference Rooms
Grief Workshop: <i>Shifting Sands– Explore Your Grief Through Color and Sand</i>	Tuesday		7/22	6:30 - 7:30 pm	Gilchrist Center - Conference Rooms
Grief Workshop: <i>Understanding Grief</i>	Wednesday		7/30	5:00 - 6:00 pm	Howard County Office
AUGUST					
Widowed Persons/Life Partner Grief Support Group	Thursdays	6 weeks	8/7 - 9/11	2:30 - 4:00 pm	Howard County Office
Widowed Persons/Life Partner Grief Support Group	Wednesdays	6 weeks	8/13 - 9/17	6:30 - 8:00 pm	Gilchrist Center - Family Dining Room
Grief Workshop: <i>“Coping with the Loss of a Parent”</i>	Tuesday		8/19	5:00 - 6:00 pm	Howard County Office
Adults with Parental Loss Grief Support Group	Tuesdays	6 weeks	8/19 - 9/23	6:30 - 8:00 pm	Gilchrist Center - Family Dining Room
SEPTEMBER					
Widowed Persons/Life Partner Grief Support Group	Fridays	6 weeks	9/5 - 10/10	2:30 - 4:00 pm	Gilchrist Center - Family Dining Room
Young Widowed Persons/Life Partner Grief Support Group	Thursdays	6 weeks	9/18 - 10/23	6:30 - 8:00 pm	Gilchrist Center - Conference Rooms
Young Widowed Persons/Life Partner Grief Support Group	Saturdays	6 weeks	9/20 - 10/25	10:00 - 11:30 am	Howard County Office
Adults with Parental Loss Grief Support Group	Mondays	6 weeks	9/22 - 10/27	6:30 - 8:00 pm	Gilchrist Center - Family Dining Room

• *RSVP for Howard County Office groups to 410.730.5072. All others RSVP to Gilchrist Hospice Care, Baltimore Office 443.849.8251. (Pre-registration is required.)*

• *All groups provided at no charge, excluding the Bereavement Luncheons and the Bereavement Breakfast.*