

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.

Cancer Loss Grief Support Group

This support group is offered in partnership with the Leukemia & Lymphoma Society. It is designed for adults who have lost a loved one to any type of cancer. The facilitator will lead the group in discussion and exploration of normal grief, myths and clichés of grief, types of loss, healing, and needs of mourning.

Mothers with School Age Children Grief Support Group

This support group meets once a month, bringing together women who are grieving the loss of a spouse/significant other while facing the challenges of being a single mother raising children. The group allows participants to give and receive support, explore their grief and provide opportunities to share their experiences raising school age children.

Understanding Grief Workshop

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.

The Men's Grief Support Group

This is an on-going monthly group for men who have lost their spouse or life partner. Attendance at each meeting, though encouraged, is not mandatory.

Using Writing as a Healing Tool Workshop

As a healing tool, writing provides a chance to express feelings and stories that help move us from our past into our future. This workshop invites participants to explore their grief through easy-to-do writing opportunities. No writing experience is necessary.

Coping with the Loss of a Parent Workshop

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.

Mother Loss Workshop/Father Loss Workshop

This workshop is for adults who have experienced the death of a parent, grandparent or guardian. It will provide the participants an opportunity to explore the meaning of their loss and to express their thoughts and feelings. Since days with special meaning can be some of the most difficult hurdles during the grief journey, these workshops are being offered before Mother's Day and Father's Day.

Gilchrist Hospice Care
11311 McCormick Rd., Suite 350
Hunt Valley, MD 21031

BEREAVEMENT SERVICES CALENDAR

Support Groups & Workshops
April – June 2009



Guiding the way.

443.849.8200

gilchristhospice.org

11311 McCormick Road, Suite 350
Hunt Valley, MD 21031

HOWARD COUNTY
5537 Twin Knolls Road, Suite 433
Columbia, MD 21045
410.730.5072

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

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

A GBMC AFFILIATE

CANCER LOSS GRIEF SUPPORT GROUP

- Wednesdays, April 1-May 6, 2009
6:30-8:00 PM
Location: Hunt Valley Conf Rm A

WIDOWED PERSONS/ LIFE PARTNER GRIEF SUPPORT GROUP

- Tuesdays, April 7-May 12, 2009
12:30 – 2:00 PM
Location: Hunt Valley-Conf Rm B
- Thursday, May 7 - June 11, 2009
6:30 – 8:00 PM
Location: Howard County Office
- Mondays, June 1 – July 6, 2009
6:30-8:00 pm
Location: Hunt Valley Conf Rm A
- Tuesdays, June 16 - July 21, 2009
2:30 – 4:00 PM
Location: Howard County Office

COPING WITH THE LOSS OF A PARENT

- Thursday, April 9, 2009
6:30-7:30 PM
Location: Hunt Valley Conf Rm A

THE MEN'S GROUP

- Saturday, April 11, 2009
10:00 am-12:00 noon
Location: Howard County Office
- Saturday, May 9, 2009
10:00 am-12:00 noon
Location: Howard County Office
- Saturday, June 13, 2009
10:00 am-12:00 noon
Location: Howard County Office

MOTHERS WITH SCHOOL AGE CHILDREN GRIEF SUPPORT GROUP

- Thursday, April 16, 2009
6:30-8:00 PM
Location: Gilchrist Family Dining Room
- Thursday, May 14, 2009
6:30-8:00 PM
Location: Gilchrist Family Dining Room
- Thursday, June 11, 2009
6:30-8:00 PM
Location: Gilchrist Family Dining Room

UNDERSTANDING GRIEF WORKSHOP

- Wednesday, April 22, 2009
6:30-7:30 PM
Location: Howard County Office
- Thursday, April 23, 2009
6:30-7:30 PM
Location: Hunt Valley Conf Rm A
- Tuesday, May 12, 2009
6:30-7:30 PM
Location: Hunt Valley Conf Rm A
- Wednesday, June 17, 2009
6:30-7:30 PM
Location: Howard County Office

USING WRITING AS A HEALING TOOL

- Mondays, April 27-May 18, 2009
6:30-8:00 PM
Location: Howard County Office
- Thursdays, May 7 - May 28, 2009
6:30-8:00 PM
Location: Hunt Valley Conf Rm A

MOTHER LOSS WORKSHOP

- Monday, May 4, 2009
6:30-7:30 pm
Location: Hunt Valley-Conf Rm B
- Wednesday, May 6, 2009
6:30-7:30 pm
Location: Howard County Office

YOUNG WIDOWED PERSONS GRIEF SUPPORT GROUP

- Tuesdays, May 5 - June 9, 2009
6:30-8:00 PM
Location: Hunt Valley-Conf Rm B

FATHER LOSS WORKSHOP

- Monday—June 15, 2009
6:30-7:30 pm
Location: Hunt Valley-Conf Rm B
- Tuesday, June 16, 2009
6:30-7:30 pm
Location: Howard County Office

ADULTS WITH PARENTAL LOSS GRIEF SUPPORT GROUP

- Tuesdays, June 16 – July 21, 2009
6:30 – 8:00 PM
Location: Hunt Valley Conf Rm A

All of our workshops and support groups are free of charge and are open to the community. Pre-registration is required for any group or workshop. Please call Pat Schoenleber at 443-849-8251 for any group/workshop at Gilchrist Center or Hunt Valley Location. Please call Lois Fitzgerald at 410-730-5072 for any group/workshop in Howard County.

For directions to our new location in Hunt Valley, please visit our website: gilchristshospice.org