

Widowed Persons/Life Partner Grief Support Group
Young Widowed Persons/Life Partner Grief Support Group
Adults with Parental Loss 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, to explore the meaning and process of grief, and to learn ways to regain a sense of balance and direction in their lives.

Widowed Parents/Life Partners with School Aged Children Group
This support group meets once a month, bringing together parents who are grieving the loss of a spouse/significant other while facing the challenges of being a single parent raising children.

Mothers Grief Group

This support group meets once a month, bringing together women who are grieving the loss of an adult child. The purpose of the gathering is to meet and share what may be one of life's most difficult, complex and lonely journeys. This group allows participants to express feelings, give and receive support, and learn about the grief process.

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 Support Group

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

Sibling Loss Workshop

Losing a sibling can be a profound loss that often is not recognized by those around us. This workshop will explore the unique feelings raised by losing a sibling.

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 a speaker talk about moving through grief and loss. Lunch will be served at a \$10.00 charge.

Understanding Grief Workshop

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

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

BEREAVEMENT SERVICES CALENDAR

Support Groups / Workshops
January - March 2010

Gilchrist 
HOSPICE CARE

Guiding the way.

443.849.8200

gilchristhospice.org

11311 McCormick Road, Suite 350
Hunt Valley, Maryland 21031

For referrals call: 1.800.HOSPICE
(1.800.467.7423)

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

TTY Maryland Relay Service: 1.800.735.2258

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

A GBMC AFFILIATE

WIDOWED PERSONS/LIFE PARTNER GRIEF SUPPORT GROUP

- Wednesdays, January 27-
March 3, 2010
6:00 – 7:30 PM
Location: Hunt Valley-Conf Room B
- Wednesdays, February 24-
March 31, 2010
1:30 – 3:00 PM
Location: Hunt Valley-Conf Room A
- Wednesdays, March 3-
April 7, 2010
6:00 – 7:30 PM
Location: Hunt Valley-Conf Room A

WIDOWED PERSONS/LIFE PARTNER GRIEF SUPPORT GROUP (ALL AGES)

- Wednesdays, January 20-
February 24, 2010
6:30 – 8:00 PM
Location: Howard County
- Wednesdays, February 17-
March 24, 2010
2:30 – 4:00 PM
Location: Howard County

ADULTS WITH PARENTAL LOSS GRIEF SUPPORT GROUP

- Tuesdays, January 12-
February 16, 2010
6:00 – 7:30 PM
Location: Hunt Valley-Conf Room A
- Tuesdays, March 23-
April 27, 2010
6:00 – 7:30 PM
Location: Hunt Valley-Conf Room A
- Saturdays, March 27-
May 1, 2010
10:30 AM – 12:00 NOON
Location: Howard County

THE MEN'S GROUP

- Saturday, January 9, 2010
10:00 am-12:00 noon
Location: Howard County
- Saturday, February 13, 2010
10:00 am-12:00 noon
Location: Howard County

- Saturday, March 13, 2010
10:00 am-12:00 noon
Location: Howard County

UNDERSTANDING GRIEF WORKSHOP

- Thursday, January 14, 2010
6:00-7:30 PM
Location: Hunt Valley-Conf Room A
- Monday, February 8, 2010
6:00-7:30 PM
Location: Hunt Valley-Conf Room A
- Monday, February 22, 2010
6:30-8:00 PM
Location: Howard County
- Thursday, March 18, 2010
6:00-7:30 PM
Location: Hunt Valley-Conf Room A

USING WRITING AS A HEALING TOOL SUPPORT GROUP (FOUR WEEK GROUP)

- Tuesdays, January 12-
February 2, 2010
6:30-8:00 PM
Location: Howard County
- Tuesdays, February 23-
March 16, 2010
6:00-7:30 PM
Location: Hunt Valley-Conf Room A

WIDOWED PARENTS/LIFE PARTNERS WITH SCHOOL AGED CHILDREN

- Wednesday, January 13, 2010
6:30-8:00 PM
Location: Gilchrist Center-Room 167
- Wednesday, February 17, 2010
6:30-8:00 PM
Location: Gilchrist Center-Room 167
- Wednesday, March 24, 2010
6:30-8:00 PM
Location: Gilchrist Center-Room 167

YOUNG WIDOWED PERSONS/LIFE PARTNER GRIEF SUPPORT GROUP

- Thursdays, February 4-
March 11, 2010
6:00-7:30 PM
Location: Hunt Valley-Conf Room A

MOTHER'S GRIEF GROUP

- Wednesday, January 20, 2010
3:00-4:30 PM
Location: Gilchrist Center-Room 167
- Wednesday, February 10, 2010
3:00-4:30 PM
Location: Gilchrist Center-Room 167
- Wednesday, March 24, 2010
3:00-4:30 PM
Location: Gilchrist Center-Room 167

BEREAVEMENT LUNCHEON

- Saturday, March 13, 2010
12:00 Noon-1:30 PM
Location: Howard County
- Monday, March 22, 2010
12:00 Noon-1:30 PM
Location: Hunt Valley-Conf Room B

SIBLING LOSS WORKSHOP

- Wednesday, February 10, 2010
6:00-7:30 PM
Location: Hunt Valley-Conf Room A
- Wednesday, March 3, 2010
6:00-7:30 PM
Location: Howard County

All of our workshops and support groups are free of charge and are open to the community. The Bereavement Luncheon costs \$10.00 per person and is payable at the door. Pre-registration is required for any group or workshop. Please call Pat Schoenleber at 443-849-8251 to register for any group/workshop at Gilchrist Center or Hunt Valley Location. Please call Lois Fitzgerald at 410-730-5072 to register for any group/workshop in Howard County.

*For directions, please visit our website:
www.gilchristhospice.org or call 443-849-8200.*