



January - March 2015

OUR STAFF & SERVICES:

Grief Counselors are highly trained professionals, possessing master's degrees in counseling fields and are licensed by the State of Maryland.

Grief volunteers are extensively trained and experienced in helping those who are grieving.

Counseling (individual or family) is offered for those who prefer a personalized approach to coping with grief and loss at locations in Hunt Valley, Towson, Columbia, Forest Hill, Dundalk and Baltimore City.

Workshops are educational in focus, providing information on a specific topic with an opportunity for questions.

Support Groups are multiple session gatherings designed for participants to talk and share thoughts, ideas and concerns. As it can be difficult to hear other people's stories when one is newly grieving, we recommend that you wait a few months after your loss before signing up for a group.

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

If you no longer wish to receive our mailings, please contact 443-849-8200 or email ghc_bereavement@gilchristhospice.org

GRIEF SERVICES CALENDAR

Gilchrist Hospice Care's Grief Services

offers support during times of grief and loss to hospice families and to the entire community. Through individual counseling, support groups, workshops and special events, we promote healing as one copes with life after the loss of a loved one.

REGISTRATION IS REQUIRED/ FOR MORE INFORMATION:

Baltimore County, Baltimore City and Harford events, call 443-849-8251 or e-mail GHC_bereavement@gilchristhospice.org

Howard County events, call 443-539-4086 or e-mail GHC_bereavement@gilchristhospice.org

Now register online!*
gilchristhospice.org/grief_registration

***REGISTRATION IS REQUIRED FOR ANY GROUP OR WORKSHOP YOU WISH TO ATTEND.**



Support, Counseling and Education

BALTIMORE COUNTY:

HUNT VALLEY

Gilchrist Hospice Care - Corporate Office
11311 McCormick Road, Suite 350
Hunt Valley, MD 21031

SUPPORT GROUPS:

Widowed Persons/Life Partner Support Group

Tuesdays, Jan. 13 - Feb. 17 from 6:30 - 8pm
Wednesdays, Feb. 4 - Mar. 11 from 1:30 - 3pm

Widowed Persons/Life Partner Support Group (ages 50 & younger)

Wednesdays, Jan. 21 - Feb. 25 from 6:30 - 8pm

Adults with Parental Loss

Mondays, Mar. 2 - Apr. 6 from 6:30-8pm

Learn to Meditate (Saturdays from 10am - Noon)

Jan. 17, Feb. 21, Mar. 21

Learn to Meditate, 10am-Noon, Monthly

Saturdays, Jan. 17, Feb. 21, Mar. 21

WORKSHOPS:

Craft Night: 6:30-8pm, Monthly

Thursday, Jan. 8, Feb. 12, Mar. 12

Understanding Grief (for adults)

Tuesday, Mar. 24 from 6:30-8pm

Music for the Journey: Our Story Through Song

Wednesday, Mar. 25 from 6:30 - 8pm

TOWSON

Gilchrist Center - 555 W. Towsontown Blvd.
Towson, MD 21204

SUPPORT GROUP:

Mother's Grief Group, 3pm-4:30, Monthly (for mothers who have lost adult children)

Wednesdays, Jan. 21, Feb. 18, Mar. 18

DUNDALK

Mosaic Community Services in the Dundalk
Professional Building, Suite 400,
near the intersection of Dundalk Avenue and Center
Place. (40 S. Dundalk Ave, Dundalk, MD 21222)

WORKSHOP:

Understanding Grief

Wednesday, Feb. 25 from 1pm - 2:30pm

BALTIMORE CITY:

MEMORIAL SERVICE:

First & Franklin Presbyterian Church
210 W. Madison St., Baltimore, MD 21201
Sunday, March 8 from 3 - 4pm

HARFORD COUNTY:

FOREST HILL

Hooper House
2007 Klein Plaza Drive
Forest Hill, MD 21050

SUPPORT GROUP:

Widowed Persons/Life Partner Support Group

Wednesdays, Feb. 11 - Mar. 18 from 6:30 - 8pm

WORKSHOP:

Understanding Grief

Wednesday, Jan. 28 from 6:30 - 8pm

HOWARD COUNTY:

COLUMBIA

Gilchrist Hospice Care - Howard Office
5537 Twin Knolls Road, Suite 434
Columbia, MD 21045

SUPPORT GROUPS:

Men's Support Group: 10am - Noon, Monthly For men who have lost a spouse/significant other

Saturdays: Jan. 3, Feb. 7, Mar. 7

Adults with Parental Loss

Thursdays, Jan. 8 - Feb. 12 from 6:30-8pm

Widowed Persons/Life Partner Support Group

Mondays, Jan. 12 - Feb. 16 from 6:30 - 8pm
Thursdays, Feb. 12 - Mar. 19 from 1pm - 2:30

Stepping Forward: The Journey Continues

Wednesdays, Mar. 18 - Apr. 22 from 6:30 - 8pm

WORKSHOPS:

Understanding Grief

Tuesday, Feb. 10 from 6:30-8pm

MEMORIAL SERVICE:

Wilde Lake Interfaith Center
10431 Twin Rivers Rd., Columbia, MD 21044
Sunday, March 22 from 3 - 4pm

SPECIAL EVENT:

SAVE THE DATE SPRING RETREAT MAY 12, 2015

Gramercy Mansion, Stevenson, Maryland
Join us for a day of self care at the lovely Gramercy Mansion.
The retreat will include workshops on how to take care of
ourselves as we move through grief. Stay tuned for more
information.