



April - June 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.

*We recommend that you wait two or three months after your loss before signing up for a group, as it can be difficult to hear other people's stories when one is newly grieving.*

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](mailto: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](mailto:GHC_bereavement@gilchristhospice.org)

**Howard County events**, call 443-539-4086 or e-mail [GHC\\_bereavement@gilchristhospice.org](mailto:GHC_bereavement@gilchristhospice.org)

**Now register online!\***  
[gilchristhospice.org/grief\\_registration](http://gilchristhospice.org/grief_registration)

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

**Gilchrist**  
GRIEF SERVICES 

*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 (all ages) - daytime**

Wednesdays, April 1 - May 6 from 1:30 - 3pm  
Wednesdays, May 27 - July 1 from 1:30 - 3pm

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

Tuesdays, April 21 - May 26 from 6:30 - 8pm

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

Wednesdays, April 15 - May 20 from 6:30 - 8pm

**Adults with Parental Loss**

Tuesdays, March 31 - May 5 from 6:30-8pm

Tuesdays, May 19 - June 23 from 6:30-8pm

**Learn to Meditate (Saturdays from 10am - Noon)**

April 18, May 16, June 20

#### WORKSHOPS:

**Writing for Healing:** 6:30-8pm

Thursday, June 11

**Understanding Grief**

Wednesday, May 6 from 6:30-8pm

#### MEMORIAL SERVICE:

**Pediatric Service of Remembrance**

Irvine Nature Center

11201 Garrison Forest Rd. Owings Mills, MD 21117

**Sunday, April 19 from 2 - 4pm**

## 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, April 15, May 20, June 17

## 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:

**Healing After the Loss of a Mother**

Monday, May 4 from 6:30-8pm

**Understanding Grief**

Wednesday, May 13 from 1pm - 2:30pm

**Healing After the Loss of a Father**

Monday, June 15 from 6:30-8pm

## HARFORD COUNTY:

### FOREST HILL

Hooper House  
2007 Klein Plaza Drive  
Forest Hill, MD 21050

#### SUPPORT GROUP:

**Widowed Persons/Life Partner Support Group (all ages)**

Wednesdays, May 13 - June 17 from 6:30 - 8pm

#### WORKSHOP:

**Healing After the Loss of a Parent**

Wednesday, May 6 from 6:30 - 8pm

#### MEMORIAL SERVICE:

McFaul Activity Center

525 W. McPhail Rd., Bel Air, MD 21014

**Sunday, May 3 from 3 - 4pm**

## HOWARD COUNTY: COLUMBIA

Gilchrist Hospice Care - Howard Office  
5537 Twin Knolls Rd, Ste 434, Columbia, MD 21045

#### SUPPORT GROUPS:

**Men's Support Group:** 10am - Noon, Monthly  
*For men who have lost a spouse/significant other*  
Saturdays: April 4, May 2, June 6

**Adults with Parental Loss**

Mondays, April 6 - May 11 from 6:30-8pm

**Widowed Persons/Life Partner Support Group (all ages)**

Mondays, April 13 - May 18 from 2:30-4pm

Tuesdays, May 5 - June 9 from 6:30 - 8pm

**Stepping Forward: The Journey Continues**

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

#### WORKSHOPS:

**Healing After the Loss of a Mother**

Tuesday, April 28 from 6:30-8pm

**Understanding Grief**

Wednesday, May 13 from 6:30-8pm

**Healing After the Loss of a Father**

Tuesday, June 16 from 6:30-8pm

## BALTIMORE CITY:

Gilchrist Center Baltimore - Joseph Richey House  
828 N. Eutaw St, Baltimore, MD 21201

#### SUPPORT GROUP:

**Coping with the Loss of a Loved One**

Saturdays, April 11 - May 16 from 10:30 - Noon

#### WORKSHOPS:

**Healing After the Loss of a Parent**

Wednesday, May 6 from 6:30 - 8pm

**Understanding Grief**

Tuesday, June 9 from 6:30-8pm

## SPECIAL EVENT: SPRING RETREAT TUESDAY, MAY 12, 2015. Cost: \$65

**Gramercy Mansion, Stevenson, Maryland, 8:30am-5:00pm**  
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. Call Lois Fitzgerald at 443.539.4086 for more information or ghc\_bereavement@gilchristhospice.org