

# BEREAVEMENT SERVICES PROVIDED BY GILCHRIST & GBMC

Grieving the death of a loved one can be a complex journey. It is a unique process for every individual, with no easy, prescribed path or timetable to follow. How we feel, what the loss means to us, and the way we choose to cope with our grief differs for each of us. This resource guide is designed to provide information regarding supportive grief programs to fit individual needs."

## GBMC Grief Support Programs

### Monthly Group

- M.I.S.S. Group (*Miscarriage, Stillborn, and Newborn Death*)

For more information about GBMC Grief Support Programs, please contact Debbie Johnston by phone at 443.849.2079 or email [johnsto@gbmc.org](mailto:johnsto@gbmc.org), or Emily Smith by phone at 443.849.2612 or email [easmith@gbmc.org](mailto:easmith@gbmc.org)

## Gilchrist Grief Support Programs

### 6-week Support Groups

- Loss of a Spouse/Life Partner
- Remembering our Parents
- Loss of a Parent for Young Adults
- Writing in Grief: Healing Through Words
- Chair Yoga and Grief

### Expressive Arts Workshops

- Creative journaling
- Keeping Memories Alive: Create a Keepsake
- Creating a photo collage
- Festival of Trees – *create ornaments for our Kennedy Krieger Tree*
- Exploring grief with color and sand
- Book Group

### Monthly Groups

- Substance Loss Grief Group
- The Journey Continues: Grief Support in the Second Year
- Men's Support Group – *for men who have lost a spouse/life partner*
- Common Ground: Finding Support in Grief
- Mother's Support Group – *for mothers who have lost adult children*

### Special Events

- Honoring the Women in Our Life Brunch
- Breathing Through Grief
- Grief's Journey – *full day retreat*
- Haiku Hike
- Steps of Hope: A Tribute Walk with Butterfly Release
- Twilight in the Woods – *light up the night to honor your loved ones*
- Wellness Day – *how to nurture yourself while grieving*
- Healing Hearts Holiday Bake

For more information about Gilchrist Grief Support Programs, please contact Christine Broderick by phone at 443.849.8251 or by email at [cbroderick@gilchristcares.org](mailto:cbroderick@gilchristcares.org).



# OTHER BEREAVEMENT SERVICES AVAILABLE WITHIN THE COMMUNITY

## Bereavement Camps

### Day Camps

- Seasons Hospice Foundation:  
"Camp Kangaroo"  
1.888.523.6000

### Overnight Camps

- Roberta's House  
[www.robertashouse.org](http://www.robertashouse.org), 410.235.6633
- Stella Maris  
[www.stellamaris.org](http://www.stellamaris.org), 410.252.4500 x 7291

## Cancer Specific

- Hopewell Cancer Support  
[www.hopewellcancersupport.org](http://www.hopewellcancersupport.org), 410.832.2719

## Children and Teens

### Groups

- Hopewell Cancer Support  
[www.hopewellcancersupport.org](http://www.hopewellcancersupport.org), 410.832.2719
- Roberta's House  
[www.robertashouse.org](http://www.robertashouse.org), 410.235.6633

### High Risk Teens

- Roberta's House  
[www.robertashouse.org](http://www.robertashouse.org), 410.235.6633

### Activities

- Roberta's House: "Creating Treasured Memories"  
[www.robertashouse.org](http://www.robertashouse.org), 410.235.6633

## Christian Counseling

- Stella Maris  
[www.stellamaris.org](http://www.stellamaris.org), 410.252.4500 x 7291

## Community Training

- Roberta's House: Ministry Support  
[www.robertashouse.org](http://www.robertashouse.org), 410.235.6633

## Family Members of Veterans

- Tragedy Assistance Program for Survivors  
1.800.959.TAPS (8277)

## Fetal, Infant, and Child Loss

- Roberta's House: "Healing Through Quilting"  
[www.robertashouse.org](http://www.robertashouse.org), 410.235.6633

## Survivors of Homicide

- Roberta's House  
[www.robertashouse.org](http://www.robertashouse.org), 410.235.6633
- Baltimore City's State's Attorney Office  
443.984.6000

## Intentional Harm (Suicide Loss Survivors)

### Groups

- Art For Life Maryland  
410.627.9668
- Triple "S" Suicide Loss Survivors and Overdose Support Group  
407.466.0590
- Artful Grief  
[www.artfulgrief.com](http://www.artfulgrief.com), 410.667.9384
- SOS Lighthouse (Survivors of Suicide)  
410.916.7175
- Seasons  
1.888.523.6000

### Individual

- Artful Grief  
[www.artfulgrief.com](http://www.artfulgrief.com), 410.667.9384

## Jewish Services

- Jewish Community Services  
[www.jcsbaltimore.org](http://www.jcsbaltimore.org), 410.466.9200

## Veterans

- Vet Centers  
410.764.9400 - Reisterstown  
410.828.6619 - Towson  
410.282.6144 - Dundalk

