

# Grief Support Groups and Events

Registration is required for all support groups, workshops and events.

To register, visit [gilchristcares.org/grief\\_registration](http://gilchristcares.org/grief_registration)



## Support Groups

If your loss is recent, please contact Gilchrist Grief Services for guidance and recommendations. Groups meet for 6 weeks unless otherwise noted.

### Remembering Our Parents

**For adults who have lost parents.** Explore feelings of loss, changing status and changing relationships. Participants will gain survival skills and tools for coping with grief while engaging in a safe and respectful group.

### Loss of Spouse/Life Partner

**For people who have lost a spouse or life partner within the last year.** Explore what grief feels like, what to expect over time and grief coping skills. This is a safe space to talk about your experience and gain insight from others.

### After Grief...Embracing the Next Stage

**For adults who lost a spouse or significant other at least one year ago.** Weekly discussions will include strategies for identifying our authentic selves and how to find new purpose, joy and fulfillment while grief still plays a major role in our lives.

### Loss of Parent for Young Adult

**For people ages 20–35 grieving the loss of a parent.** The group meets first and third Mondays for three consecutive months. This is a safe place to talk about feelings of loss and gain perspective from others' experiences. Incorporates creative work and mindfulness.

### Chair Yoga and Grief

**For anyone experiencing grief from a recent loss.** No yoga experience required. Learn simple techniques to support the grief process.

### The Journey Continues:

#### Grief Support in the Second Year

**Monthly meeting for those moving out of the first year of grief.** This group explores the "new normal" for any type of loss. Opportunities to discuss new challenges, roles and relationships.

#### Substance Loss Grief Group

**Monthly meeting provides a safe space while exploring grief** when a loved one's death was related to substance use.

#### Men's Support Group

**Monthly meeting for men who have experienced the death** of a significant other/spouse/partner. Provides fellowship and conversation while focusing on navigating the months ahead.

#### Common Ground:

##### Finding Support in Grief

**Monthly meeting for those who need additional understanding and support in grief.**

#### Mothers' Grief Group

**Monthly meeting for moms who have experienced the death of an adult child.** An open format to share one's grief and gain insight on how to best manage the challenges unique to the grieving mom.

To learn more about programs, find scheduled dates and register:

Visit [gilchristcares.org/grief\\_registration](http://gilchristcares.org/grief_registration) or call Gilchrist Grief Services at 443.849.8251 (Howard Co. at 443.539.4086).

## Workshops *(one-time meeting)*

### **Breathing Through Grief**

Develop an awareness of how grief affects our bodies. Learn simple breathing practices that can offer relief.

### **Grief's Journey: Day-Long Retreat**

A mindful day of rest and reflection. Includes talking about the experience of grief and finding the path to healing. The day offers fellowship, discussion and practice of self-care techniques. Lunch is provided.

### **Pop-Up Workshops:**

Stay tuned for more information on these pop-up workshops: "Walking Through Grief," "Grieving and Art," "Grieving Dads," and "Sibling Loss."

### **Festival of Trees**

Join us to create decorations for a special tree we donate to Kennedy Krieger's annual "Festival of Trees." A unique way to honor your loved one and give back to the community!

## Events

### Remembrance Events

#### **Steps of Hope: A Tribute Walk**

A springtime gathering at Cromwell Valley Park for those grieving the death of a loved one. In a supportive community event, you will find this a unique way to honor and remember loved ones. Join Gilchrist as we walk together in mindful remembrance—music and a butterfly release will complement our time together.

#### **Twilight in the Woods**

A Fall evening event to honor all those we have loved and lost, with special tribute to veterans and fallen heroes. This outdoor event will provide a time for reflection and remembrance as attendees are embraced in a warm, meaningful glow.

### Special Events

#### **Honoring the Women in Our Lives**

March is Women's History Month which highlights the contributions of women to important events in history and contemporary society. Please join us for an afternoon of remembering those women who have made an impact in your life.

#### **Annual Wellness Day**

A day of meaningful workshops designed to support self-care and an understanding of the grief process.

Most programs are offered at no cost, however, donations are welcome and support Gilchrist Grief Services.

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