Grief Support Groups and Events
Registration is required for all support groups, workshops and events.
To register, visit 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 or call Gilchrist Grief Services at 443.849.8251 (Howard Co. at 443.539.4086).
Most programs are offered at no cost, however, donations are welcome and support Gilchrist Grief Services.

To register for support groups, workshops and events, visit: gilchristcares.org/grief_registration