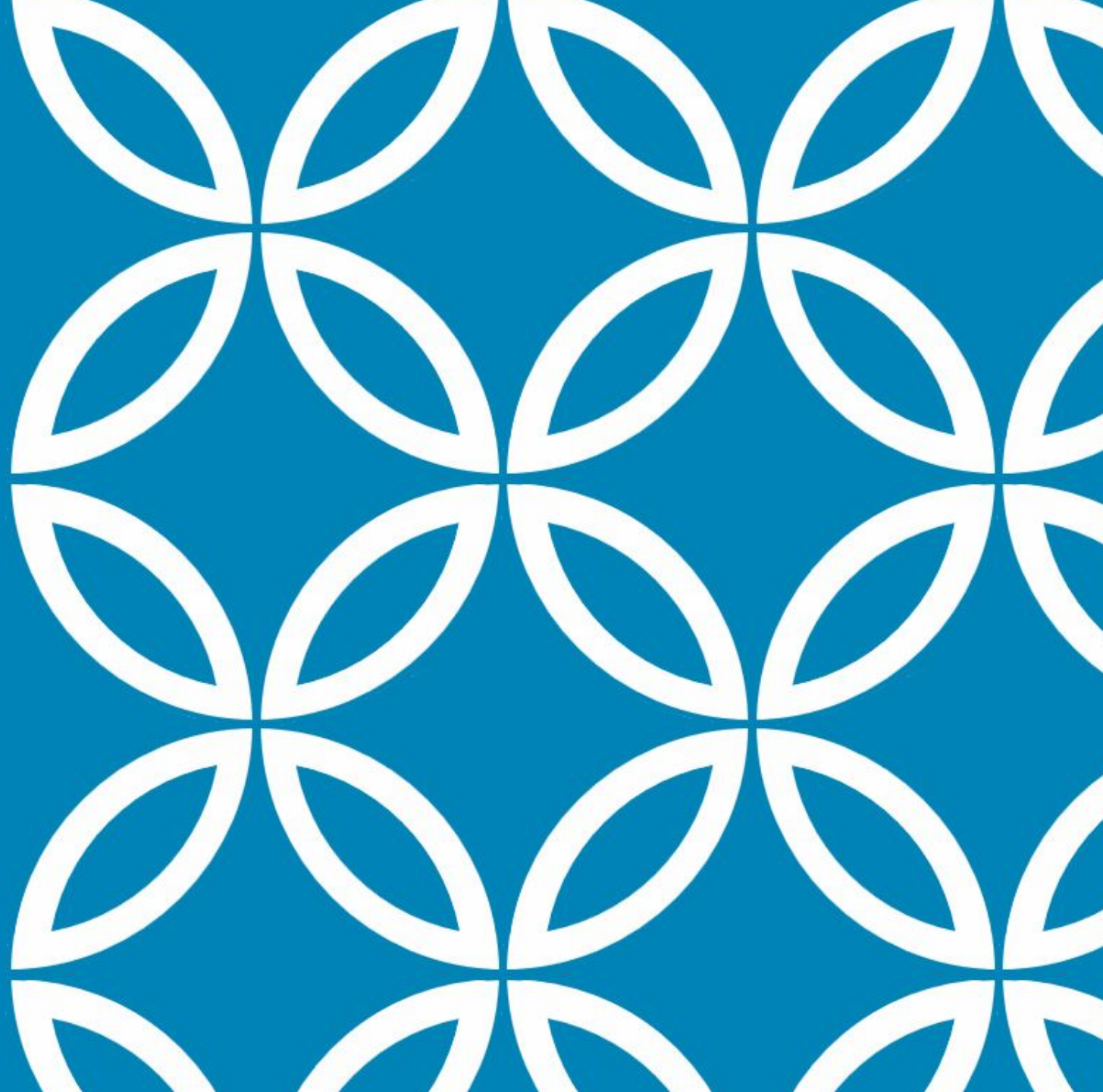


HOSPICE OF ST. MARY'S

Bereavement



THINGS TO KNOW

Anyone in the community can use our bereavement services- your loved one does not have to have been a hospice patient

Most of our bereavement services, including individual support is FREE

Workshops and Groups vary depending on the time of year and the need.

We are available to do trainings for workplaces, churches, organizations on what grief is and how to help.



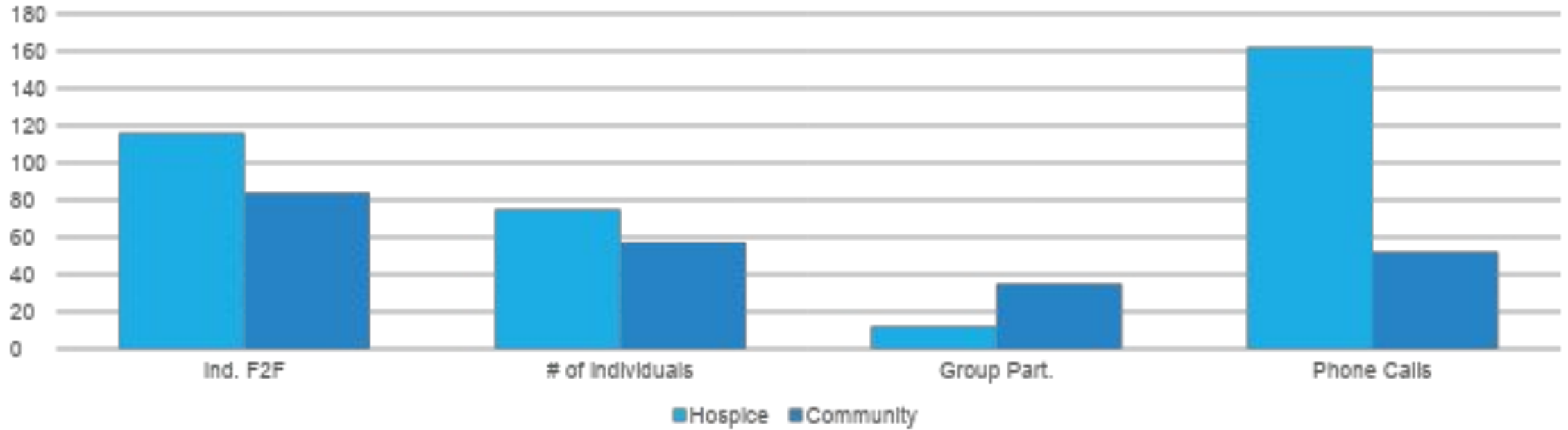
**Individual
Support
In Person
Virtual**

**Support
Groups and
Workshops**

**Camp
Sunrise!**

**Grief
Information
Sessions**

2024



BEREAVEMENT STATISTICS

Spousal Loss SUPPORT GROUP

TUESDAYS at 1pm

Provided free to the community by Hospice of St. Mary's
44724 Hospice Ln.
Callaway, MD 20620



Call (301) 994-3023 for more information



Understanding Your Grief

8-Week Support Group

Monday,
July 14th
6:00 - 7:30pm

at Hospice House
44724 Hospice Ln
Callaway, MD 20620



Call **(301) 994-3023**
or use the QR code
to register!

No cost to participate,
but registration is
required.



*Loss and Grief
in Pregnancy
and Postpartum*

4 -Week Support Group

Hospice House
44724 Hospice Ln
Callaway, MD 20620


**Tuesday,
August 5th**
6:00 - 7:30pm

No cost to participate, but
registration is required.



Call (301) 994-3023
or use the QR code
to register!

<https://tinyurl.com/5t3xsyzy>



HOSPICE OF ST. MARY'S
PRESENTS

**HOW TO SUPPORT
SOMEONE WHO'S
GRIEVING**

SATURDAY, AUGUST 16TH
9AM - 1030AM
44724 HOSPICE LN.
CALLAWAY, MD 20620



IT CAN BE HARD TO KNOW HOW TO
SUPPORT A LOVED ONE OR FRIEND WHO IS
GRIEVING A LOSS. JOIN US TO LEARN MORE
ABOUT GRIEF AND HOW YOU CAN SUPPORT
PEOPLE AROUND YOU AS THEY GRIEVE.

*YOU WILL LEAVE WITH PRACTICAL TIPS,
KNOWLEDGE ABOUT THE GRIEVING
PROCESS, AND RESOURCES.*



CALL
(301)994-3023

OR USE THE
QR CODE TO
REGISTER

In Partnership with the Greenwell Foundation

HOSPICE OF ST. MARY'S

CAMP Sunrise

JUN 18 - 20

Camp Sunrise is a three-day camp program for kids age 7-16 who are grieving the loss of a loved one. This program will include games, art, and activities designed to help kids learn about and process their grief.

DROP OFF- 8:00AM PICK UP- 3:00PM

GREENWELL STATE PARK
The Knott Lodge
25410 Rosedale Manor Lane
Hollywood, MD 20636

\$25 PER CHILD

KIDS MEMORY BOX WORKSHOP

Hosted by Hospice of St. Mary's

KIDS AGED 6-11 WILL HAVE AN OPPORTUNITY TO CREATE A MEMORY BOX USING STICKERS, PICTURES, AND WORDS TO PROCESS THEIR GRIEF AND HONOR THE MEMORY OF THEIR SPECIAL PERSON.

SATURDAY, JUNE 7TH
44724 Hospice Ln. Callaway, MD 20620

9AM - 11 AM

There is no cost to participate, but donations are welcome!

make a Windchime workshop

SATURDAY, MAY 31ST
10AM - 1PM

Sponsored by Hospice of St. Mary's Bereavement Program

IN PARTNERSHIP WITH
Anmarie Sculpture Garden & Arts Center
13470 DOWELL RD.
SOLOMONS, MD 20688

Open to adults
Registration is limited

BREAK & MAKE

Process your grief by breaking ceramics and then use the pieces to create something new!

This cathartic process can help us see the ways our grief has left us feeling broken, but also to envision the new ways our life is growing.

SATURDAY, MAY 17TH
9AM - 11:30AM

Walking Through Grief

A Program Provided by Hospice of St. Mary's

Join us at 44724 Hospice Ln Callaway, MD 20620

Saturday October 19th @ 9am

Open to all adults in the community who are bereaved after the death of someone important in their life.

While going for a walk at a relaxed pace, join our bereavement coordinator to explore your grief through the movement of walking, through being in nature, and through being with other grievers.

We will walk for approximately 40 minutes.

Call (301) 994 - 3023 or use the QR code to register!

AUTUMN BOOK CLUB

Join us as we read together "Anxiety: The Missing Stage of Grief" by Claire Bidwell Smith

We will meet each Monday for 6 weeks beginning October 14th @ 6pm at Hospice of St. Mary's

This group is open not only to those who are grieving a loss, but to anyone who would like to learn more about how to support those who are grieving.

There is no cost, other than purchasing the book for yourself!

Hosted At
44724 Hospice Lane
Callaway, MD 20620

Call (301) 994 - 3023 or use the QR code to register!

SUPPORT GROUP FOR TRAUMATIC LOSS

You are not alone.

This group will provide support for members of the community who have lost a loved one in traumatic circumstances.

Sessions will create a safe space for participants to learn how trauma complicates grief responses, find strategies for how to process overwhelming feelings, and discuss how to safely express the loss and its circumstances.

Since this group has a specific focus, there will be a screening to ensure that the group is a good fit for each griever.

6 WEEK SERIES BEGINS
Wednesday, March 5th
6-7:30pm

AT
44724 Hospice Ln.
Callaway, MD 20688

Call (301) 994-3023 or use the QR code to register.

No cost to participate, but registration is required.

Coping With Loss Grief Group

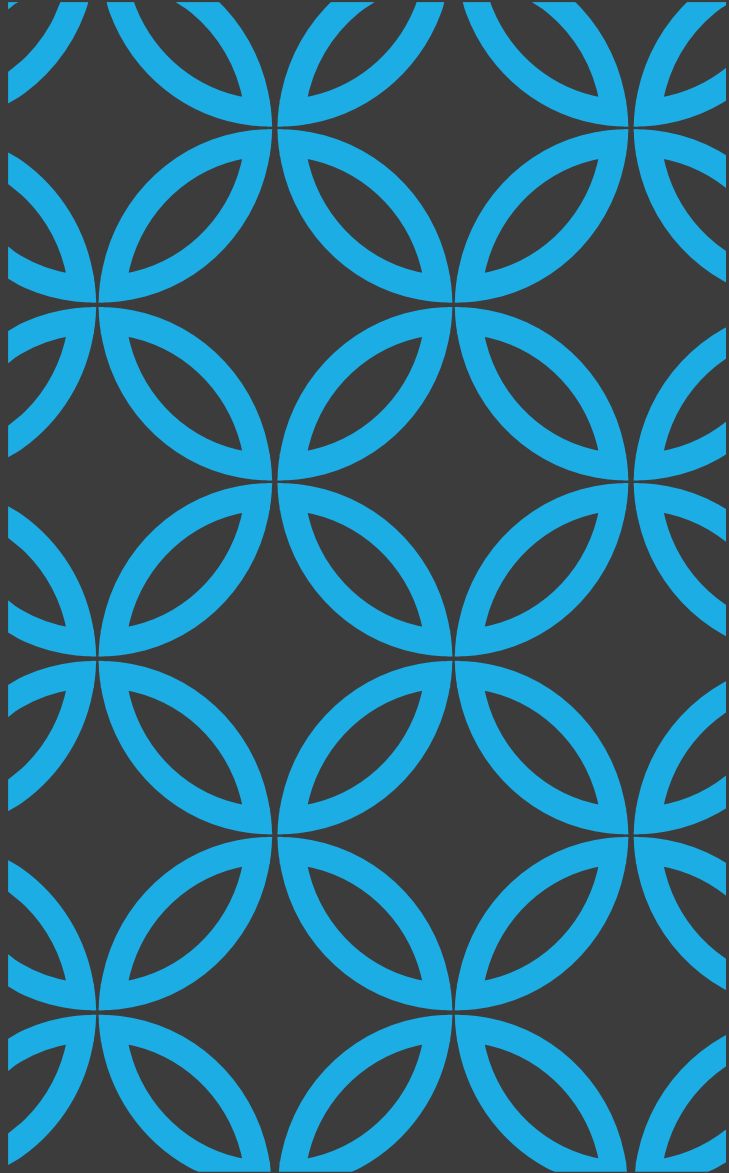
Hosted Virtually by Hospice of St. Mary's

2nd Tuesday of Each Month

Starting **Nov 12th @ 6 p.m.**

For info: (301)994-3023

Provided free to the community by Hospice of St. Mary's



THANK YOU
