

Counseling & Support Event Calendar

March 2019 – August 2019



REGISTRATION IS REQUIRED FOR ALL SUPPORT GROUPS AND WORKSHOPS.

Register online:

gilchristcares.org/grief_registration or
email gilchrist_grief@gilchristcares.org

Register by phone:

For Gilchrist Corporate Office and
Gilchrist Center Towson, call 443.849.8251.

For Gilchrist Howard County Office,
call 443.539.4086.

Addresses:

Gilchrist Corporate Office Hunt Valley:
11311 McCormick Rd., Ste. 350,
Hunt Valley, MD 21031

Gilchrist Howard County Office:
5537 Twin Knolls Rd., Ste. 434,
Columbia, MD 21045

Gilchrist Center Towson:
555 W. Towsontown Blvd., Towson, MD 21204

www.gilchristcares.org

Support Groups

HUNT VALLEY

Remembering Our Parents

Thursdays,
APR 4 – MAY 9
6:30 p.m. – 8:00 p.m.

Wednesdays,
JUN 5 – JUL 10
6:30 p.m. – 8:00 p.m.

Loss of a Spouse/Life Partner

Mondays,
MAR 18 – APR 22
1:30 p.m. – 3:00 p.m.

Thursdays,
APR 4 – MAY 9
6:30 p.m. – 8:00 p.m.

Tuesdays,
MAY 7 – JUN 11
6:30 p.m. – 8:00 p.m.

Tuesdays,
JUN 18 – JUL 23
6:30 p.m. – 8:00 p.m.

Loss of a Parent for Young Adults

(recommended ages 20-35
and participants attend all six
sessions)

Mondays,
MAR 4 & 18, APR 1 & 15,
MAY 6 & 20
6:00 p.m. – 7:30 p.m.

Writing in Grief: Healing Through Words

Learn simple writing tools to
help you grieve

Mondays,
MAR 4 – APR 8,
MAY 6 – JUN 10,
JUL 8 – AUG 12
6:30 p.m. – 8:00 p.m.

Chair Yoga and Grief

Explore your grief through
simple yoga techniques

Wednesdays,
MAR 27 – MAY 1
1:00 p.m. – 3:00 p.m.

Substance Loss Grief Group

Thursdays,
MAR 7, APR 4, MAY 2,
JUN 6, JUL 11, AUG 8
6:00 p.m. – 7:30 p.m.

The Journey Continues: Grief Support in the Second Year

Saturdays,
MAR 16, APR 20, MAY 18,
JUN 15, JUL 20, AUG 17
10:00 a.m. – 11:30 a.m.

Dad's Group for the Loss of an Adult Child

(light refreshments)

Thursday, JUN 6
5:30 p.m. – 7:00 p.m.

TOWSON

Mother's Grief Group

For mothers who have lost
adult children

Wednesdays,
MAR 20, APR 17, MAY 15,
JUN 19, JUL 17, AUG 21
3:00 p.m. – 4:30 p.m.

Men's Support Group

For men who have lost a
spouse/significant other

Tuesdays,
MAR 26, APR 30, MAY 28,
JUN 25, JUL 30, AUG 27
5:30 p.m. – 7:00 p.m.

Common Ground: Finding Support in Grief

Wednesdays,
MAR 20, APR 17, MAY 15,
JUN 19, JUL 17, AUG 21
6:00 p.m. – 7:30 p.m.

The Journey Continues: Grief Support in the Second Year

Tuesdays,
MAR 5, APR 2, MAY 7,
JUN 4, JUL 2
6:30 p.m. – 8:00 p.m.
Monday, AUG 5
6:30 p.m. – 8:00 p.m.

HOWARD COUNTY

Remembering Our Parents

Wednesdays,
MAY 1 – JUN 5
6:30 p.m. – 8:00 p.m.

Loss of a Spouse/Life Partner

Wednesdays,
MAR 20 – APR 24
2:00 p.m. – 3:30 p.m.

Mondays,
APR 15 – MAY 20
6:30 p.m. – 8:00 p.m.

Tuesdays,
JUL 9 – AUG 13
6:30 p.m. – 8:00 p.m.

Men's Support Group

For men who have lost a
spouse/significant other

Saturdays,
MAR 2, APR 6, MAY 4,
JUN 1, JUL 6, AUG 3
10:00 a.m. – 12:00 p.m.

Dad's Group for the Loss of an Adult Child

(light refreshments)

Wednesday, JUN 19
5:30 p.m. – 7:00 p.m.

Common Ground: Finding Support in Grief

Wednesdays,
MAR 27, APR 24, MAY 22,
JUN 26, JUL 24, AUG 28
6:00 p.m. – 7:30 p.m.

Expressive Arts Monthly Workshops

All workshops are in the Hunt Valley office location.

April – Creative Journaling

Wednesday, April 10, 2019

6:30 p.m. – 8:00 p.m.

May – Keeping Memories Alive... Create a Keepsake

Wednesday, May 8, 2019

6:30 p.m. – 8:00 p.m.

June – Create a Photo Collage

Wednesday, June 12, 2019

6:00 p.m. – 8:00 p.m.

July – Festival of Trees

Join us as we create ornaments for our Kennedy Krieger tree

Thursday, July 11, 2019

6:00 p.m. – 8:00 p.m.

August – Exploring Grief with Color and Sand

Thursday, August 1, 2019

6:00 p.m. – 7:30 p.m.

September – Book Group

Come together after reading "It's Ok That You're Not Ok: Meeting Grief and Loss in a Culture That Doesn't Understand" by Megan Devine to explore grief through literature

Tuesday, September 17, 2019

1:30 p.m. – 3:00 p.m.

Book Group (Howard County)

Tuesday, September 17, 2019

6:00 p.m. – 7:30 p.m.

Special Events

Registration is required for all special events.

Honoring the Women in our Life, Saturday Brunch

Saturday, March 23, 2019

11:00 a.m. – 1:30 p.m.

\$25 Fee

Roland Park Presbyterian Church

4801 Roland Ave., Baltimore, MD 21210

Call 443.539.4086 for more information.

Breathing Through Grief

Tuesday, April 2, 2019

6:30 p.m. – 8:00 p.m.

Hunt Valley Corporate Office

Grief's Journey: Day-long Retreat

A mindful day of rest and reflection

Fridays,

March 1, April 5, May 3, June 7, July 5, August 2

10:00 a.m. – 3:00 p.m.

\$25 suggested donation

The Church of the Redeemer

5603 North Charles Street, Baltimore, MD 21210

Call 443.849.8251 for more information.

Haiku Hike: Baltimore County

Friday, April 26, 2019

Meet at 2 p.m.

NCR Trail

Call at 443.849.8251 for further details and exact NCR trail location.

Haiku Hike: Howard County

Friday May 10, 2019

Meet at 1 p.m.

Centennial Lake

Call 443.539.4086 for further details and exact Lake location.

Steps of Hope: A Tribute Walk with Butterfly Release

Sunday, June 2, 2019

2:00 p.m.

Cromwell Valley Park

Call 443.849.8251 for more information.



gilchristcares.org

Please remember: Everyone grieves differently and everyone copes differently. It is important that you take time to reflect upon which tools will be most helpful to you as you deal with stress and work through your grief.

Please consider giving to Gilchrist Grief Services as these events are significantly funded by donations. Suggested gift is \$25.