

Counseling & Support Event Calendar

September 2018 – February 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

Gilchrist Center Baltimore:
828 North Eutaw Street, Baltimore, MD 21201

www.gilchristcares.org

Support Groups

HUNT VALLEY

Remembering Our Parents:

Thursdays,
JAN 10 – FEB 14
6:00 p.m. – 7:30 p.m.

Loss of a Spouse/Life Partner

Wednesdays,
OCT 10 – NOV 14
6:30 p.m. – 8:00 p.m.

Mondays,
NOV 5 – DEC 10
1:30 p.m. – 3:00 p.m.

Tuesdays,
NOV 13 – DEC 18
6:30 p.m. – 8:00 p.m.

Wednesdays,
JAN 9 – FEB 13
1:30 p.m. – 3:00 p.m.

Thursdays,
JAN 17 – FEB 21
6:00 p.m. – 7:30 p.m.

Loss of a Parent for Young Adults

(recommended ages 20-35)

Mondays,
OCT 1 & 15, NOV 5 & 19,
DEC 3 & 17, JAN 21
6:00 p.m. – 7:30 p.m.

Healing the Heart Through Meditation

Wednesdays,
OCT 10 – NOV 14
6:30 p.m. – 8:30 p.m.

TOWSON

Common Ground: Finding Support in Grief

Wednesdays,
SEPT 19, OCT 17, NOV 21,
DEC 19, JAN 16, FEB 20
6:00 p.m. – 8:00 p.m.

Mother's Grief Group

For mothers who have lost adult children

Wednesdays,
SEPT 19, OCT 17, NOV 21,
DEC 19, JAN 16, FEB 20
3:00 p.m. – 4:30 p.m.

Men's Support Group

For men who have lost a spouse/significant other

Tuesdays,
SEPT 25, OCT 30, NOV 27,
DEC 18, JAN 29, FEB 26
5:30 p.m. – 7:00 p.m.

Chair Yoga and Grief

Explore your grief through simple yoga techniques

Wednesdays,
OCT 31 – DEC 12
1:30 p.m. – 3 p.m.

BALTIMORE

Common Ground: Finding Support in Grief

Wednesdays,
OCT 10, NOV 7, DEC 12,
JAN 9, FEB 13
4:30 p.m. – 6:00 p.m.

Mindful Morning

A morning of meditation instruction and grief education to help cultivate peace for the week ahead

Mondays,
Starting SEPT 24
9:00 a.m. – 10:00 a.m.

The Journey Continues: Grief Support in the Second Year

Saturdays,
SEPT 15, OCT 20, NOV 17,
DEC 15, JAN 19, FEB 16
10:00 a.m. – 11:30 a.m.

HOWARD COUNTY

Remembering Our Parents:

Wednesdays,
NOV 21 – DEC 26
6:30 p.m. – 8:00 p.m.

Loss of a Spouse/Life Partner

Wednesdays,
NOV 7 – DEC 12
1:30 p.m. – 3:00 p.m.

Men's Support Group

For men who have lost a spouse/significant other

Saturdays,
SEPT 8, OCT 6, NOV 3,
DEC 1, JAN 5, FEB 2
10:00 a.m. – 12:00 p.m.

The Journey Continues: Grief Support in the Second Year

Tuesdays,
SEPT 4, OCT 2, NOV 6,
DEC 4, JAN 8, FEB 5
6:30 – 8:00 p.m.

Workshops

HUNT VALLEY

Hope for the Holidays

Monday, NOV 19
6:30 p.m. – 8:00 p.m.

HOWARD COUNTY

Hope for the Holidays

Thursday, DEC 13
6:30 p.m. – 8:00 p.m.

TOWSON

Sibling Loss

Monday, NOV 11 & JAN 13
4:00 p.m. – 5:30 p.m.

Keeping Memories Alive... Create a Keepsake

(for all ages, families are encouraged to attend)

Sunday, DEC 16
2:00 p.m. – 4:00 p.m.

Grief's Journey: Day-long Retreat

A mindful day of rest and reflection
\$25 suggested donation

Fridays, SEPT 7, OCT 5, NOV 2,
DEC 7, JAN 4, FEB 1
10:00 a.m. – 3:00 p.m.

Special Events

Registration is required for all special events.

16th Annual Wellness Day

How to Nurture Yourself While Grieving.
Individual fee: \$20, family fee: \$30.

Saturday, October 6, 2018

9:00 a.m. – 2:30 p.m.

Sheppard Pratt Conference Center

6501 N. Charles Street, Towson, MD 21204

Twilight in the Woods

Join us as we light up the night in honor of those we have loved and lost, including our fallen heroes. This outdoor event will provide a time for reflection and remembrance and will embrace attendees in a warm and meaningful glow.

Sunday, November 4, 2018

5:00 p.m.

The Chrysalis, Merriweather Park at Symphony
Woods, Columbia, MD

Cooking For One

Cooking for one after the death of a loved one can be difficult. Join us as we explore hands-on tips for being successful in the kitchen; Fee: \$50.

Saturday, November 17, 2018

10:30 a.m. – 1:00 p.m.

For The Love Of Food

1002 Reisterstown Road, Pikesville, MD 21208

Healing Hearts Holiday Bake

A great family event: bake and decorate cookies to be distributed to the patients and families at Gilchrist Center Towson.

Sunday, December 9, 2018

2:00 p.m. – 4:00 p.m.

Gilchrist Center Towson



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.