

Counseling & Support Event Calendar

September 2019 – March 2020



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.

www.gilchristcares.org

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
- GBMC: Civiletti Conference Center Room C
6701 North Charles Street, Baltimore, MD 21204

Support Groups

HUNT VALLEY

Remembering Our Parents

Wednesdays,
OCT 2 – NOV 6
6:30 p.m. – 8:00 p.m.

Loss of a Spouse/Life Partner

Thursdays,
SEPT 26 – OCT 31
6:30 p.m. – 8:00 p.m.

Tuesdays,
OCT 15 – NOV 19
6:30 p.m. – 8:00 p.m.

Mondays,
OCT 21 – NOV 25
1:30 p.m. – 3:00 p.m.

Thursdays,
JAN 9 – FEB 13
6:00 p.m. – 7:30 p.m.

Mondays,
JAN 13 – FEB 17
1:30 p.m. – 3:00 p.m.

Thursdays,
FEB 6 – MAR 12
6:00 p.m. – 7:30 p.m.

Finding Light, New Meaning and Purpose

For continued healing
Tuesdays,
NOV 5 – DEC 10
6:30 p.m. – 8:00 p.m.

Loss of a Parent for Young Adults

(recommended ages 20-35)
Mondays,
OCT 7, OCT 21, NOV 4,
NOV 18, DEC 2, DEC 16
6:00 p.m. – 7:30 p.m.

Chair Yoga and Grief

Explore your grief through simple yoga techniques
Wednesdays,
OCT 16 – NOV 20
1:00 p.m. – 3:00 p.m.

Wednesdays,
FEB 26 – APR 1
1:00 p.m. – 3:00 p.m.

The Journey Continues: Grief Support in the Second Year

Saturdays,
SEPT 21, OCT 19, NOV 16,
DEC 21, JAN 18, FEB 15,
MAR 21
10:00 a.m. – 11:30 a.m.

Substance Loss Grief Group

Thursdays,
SEPT 12, OCT 10, NOV 14,
DEC 12, JAN 9, FEB 13,
MAR 12
6:00 p.m. – 7:30 p.m.

HOWARD COUNTY

Remembering Our Parents

Wednesdays,
OCT 30 – DEC 4
6:30 p.m. – 8:00 p.m.

Loss of a Spouse/Life Partner

Mondays,
OCT 7 – NOV 11
6:30 p.m. – 8:00 p.m.

Wednesdays,
OCT 30 – DEC 4
1:30 p.m. – 3:00 p.m.

Finding Light, New Meaning and Purpose

Tuesdays,
NOV 5 – DEC 10
10:00 a.m. – 11:30 a.m.

Common Ground: Finding Support in Grief

Wednesdays,
SEPT 25, OCT 23, NOV 20,
DEC 18, JAN 22, FEB 26,
MAR 25
6:00 p.m. – 7:30 p.m.

Men's Support Group

For men who have lost a spouse/significant other
Saturdays,
SEPT 7, OCT 5, NOV 2,
DEC 7, JAN 4, FEB 1, MAR 7
10:00 a.m. – 12:00 p.m.

TOWSON

Common Ground: Finding Support in Grief

Wednesdays,
SEPT 18, OCT 16, NOV 20,
DEC 18, JAN 15, FEB 19,
MAR 18
6:00 p.m. – 7:30 p.m.

Mothers' Grief Group

For mothers who have lost adult children
Mondays,
SEPT 16, OCT 21, NOV 18,
DEC 16, JAN 20, FEB 17,
MAR 16
3:00 p.m. – 4:30 p.m.

The Journey Continues: Grief Support in the Second Year

Tuesdays,
SEPT 3, OCT 15, NOV 19,
DEC 17, JAN 21, FEB 18,
MAR 17
6:30 p.m. – 8:00 p.m.

Chair Yoga and Grief

Explore your grief through simple yoga techniques
Wednesdays,
JAN 15 – FEB 19
1:30 p.m. – 3:30 p.m.

GBMC

Men's Support Group

For men who have lost a spouse/significant other

Wednesdays,
5:00 p.m. – 6:30 p.m.

OCT 30, NOV 27, DEC 18,
JAN 29, FEB 26, MAR 25

Special Events

Registration is required for all special events.

Breathing Through Grief

Tuesday, September 10, 2019

6:30 p.m. – 8:00 p.m.

Gilchrist Corporate Office Hunt Valley

Festival of Trees

Join us as we create ornaments for our Kennedy Krieger tree

Thursday, October 24, 2019

6:00 p.m. – 8:00 p.m.

Gilchrist Corporate Office Hunt Valley

Grief's Journey: Day-long Retreat

A mindful day of rest and reflection

Fridays,

September 6, October 4, November 1, December 6,

January 3, February 7

10:00 a.m. – 3:00 p.m.

\$25 suggested donation

The Church of the Redeemer

5603 N. Charles Street, Baltimore, MD 21210

Call 443.849.8251 for more information.

Finding Your Voice: Singing in the Midst of Grief

This workshop will consist of 6 sessions where participants will gather in a group setting and share their stories and emotions through music that focuses on voice and how grief impacts this.

Wednesdays,

September 11, 25, October 9, 23, November 6 and 20

6:00 p.m. – 7:30 p.m.

Gilchrist Corporate Office Hunt Valley

Call 443.849.8251 for more information.

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 3, 2019

5:00 p.m.

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

Call 443.849.4086 for more information.

17th Annual Wellness Day: How to Nurture Yourself While Grieving

Saturday, November 16, 2019

9:00 a.m. – 2:30 p.m.

Sheppard Pratt Conference Center

6501 N. Charles Street, Towson, MD 21204

Call 443.849.8251 for more information.

Keeping Memories Alive...Create a Keepsake

(for all ages; families are encouraged to attend)

Tuesday, December 3, 2019

6:00 p.m. – 8:00 p.m.

Gilchrist Corporate Office Hunt Valley

Call 443.849.8251 for more information.

Healing Hearts Holiday Bake

This is a great family event: come bake and decorate cookies to be distributed to the patients and families at Gilchrist Center Towson.

Sunday, December 15, 2019

1:00 p.m. – 3:00 p.m.

Gilchrist Center Towson

Call 443.849.4086 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.