



### ONGOING SUPPORT GROUPS

**All groups meet at Talbot Hospice, 586 Cynwood Dr. Easton MD 21601**

Please visit our website [WWW.TALBOTHOSPICE.ORG](http://WWW.TALBOTHOSPICE.ORG) for more information.

Any questions? You can reach our bereavement department at [bereavement@talbothospice.org](mailto:bereavement@talbothospice.org) or 410-822-6681 ext. 116

#### CHILD LOSS SUPPORT GROUP

*3<sup>rd</sup> Wednesday of the month: 7-8:00 p.m.* (no meetings June or December)

For parents who have experienced the death of a child of any age. Call office for more information.

#### H.E.A.R.T.S. SUPPORT GROUP - "Helping Empty Arms Recover Through Sharing" (Infant and Perinatal Loss)

For more information, please contact our Bereavement Department. Resources available.

#### HEALING THROUGH YOGA (Chair)

*Every Tuesday: 8:45-9:30 a.m.*

A yoga class to help find strength in the grieving process. For anyone grieving the death of a loved one.

#### CAREGIVERS SUPPORT GROUP

*Every 4<sup>th</sup> Monday: 12 – 1 p.m.*

Share ideas and find solutions to the challenging issue of caring for a loved one.

#### MONTHLY GRIEF SUPPORT GROUP (Open)

*Every 4<sup>th</sup> Tuesday: 5-6:00 pm* – OPEN GROUP (no meetings June, July and August)

A grief support group for anyone who has experienced the death of loved one.



#### WRITING ABOUT GRIEF and LOSS SUPPORT GROUP (Open)

*Every 2<sup>nd</sup> Tuesday: 5-6:00 pm* – CALL TO INQUIRE (no meetings June, July and August)

Peer and staff support to those who have lost loved ones. Write about your grief and thoughts. No need to be an exceptional writer. This powerful technique offers a tool; each month there will be a different topic. The focus will be managing grief and loss with the goal of ultimately finding hope by giving words to sorrow.

#### SPOUSAL LOSS SUPPORT GROUPS

Please call our office for more information.

#### SPANISH SPEAKING Grief Support Group

Please call Hospice and/or For All Seasons for information.

#### PET LOSS SUPPORT (offered with Talbot Humane)

For grieving pet owners. Call Talbot Humane at 410-822-0107 or go to their website [www.talbothumane.org](http://www.talbothumane.org) for more information.

**HOSPICE LENDING LIBRARY – Contact Bereavement Staff if you are looking for resources.**