



### 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.**