



SUPPORT GROUPS

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

Please visit our website WWW.TALBOTHOSPICE.ORG for more information.

***CHILD LOSS SUPPORT GROUP** Please call or email to confirm your attendance.

3rd Wednesday of the month: 7-8:00 pm (no meetings June, August 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 am

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

CAREGIVERS SUPPORT GROUP (Open) Please call or email to confirm your attendance.

Every 4th Monday: 12-1:00 pm

Share ideas and find solutions to the challenging issue of caring for a loved one. Please follow Talbot Hospice on Facebook or visit our website for topic specific groups.

***MONTHLY GRIEF SUPPORT GROUP (Open)** Please call or email to confirm your attendance.

Every 4th Wednesday: 5-6:00 pm (NOTE: 9/23/2026 at Talbot County Free Library 4:45-5:45pm)

A grief support group for anyone who has experienced the death of special person.



***WRITING ABOUT GRIEF & LOSS SUPPORT GROUP (Open)** Please call or email to confirm your attendance.

Every 2nd Wednesday: 5-6:30 pm

Using therapeutic journaling as a tool for healing. No writing experience is necessary, just a willingness to put pen to paper and explore the healing potential of your own story. Each month there will be a different topic.

***LOSS OF A LOVED ONE SUPPORT GROUP- PLEASE CALL OR EMAIL TO REGISTER.**

6 Weeks- Wednesday's 11:00 am-12:00pm *Begins Wednesday 9/30/2026*

Grief is a deeply personal journey, and you do not have to walk it alone. Join us in a safe, compassionate space and connect with others who are navigating the loss of someone they love. Through shared experiences, gentle conversation, and mutual support, participants can find comfort, understanding, and a sense of connection during a difficult time.

*SPANISH SPEAKING GRIEF SUPPORT

Please call Hospice for information.

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

Days and times may change. Please follow Talbot Hospice on Facebook or visit our website under Programs → Grief Support → Support Groups for current offerings.

Please contact the Bereavement Office with any questions , to register or to confirm attendance.

Talbot Hospice Bereavement Office: 410-822-6681 ext. 116, Bereavement@talbothospice.org

Please know that attendance is gently recommended approximately three months after the loss of your loved one, allowing some time for healing and adjustment following your loss. If you are interested in services prior to that time, please reach out, we are happy to accommodate.

