
Montgomery Hospice



Beyond Words

Expressing Grief through Art Making

*In this **three-session** group, we will explore the grief journey through art making, learn new ways to take care of ourselves, and memorialize our loved ones. You do not need any prior art experience to register.*

Tuesdays:

August 7th, August 14th, and August 21st

6:30-8:00 p.m.

Presenters: Cathy Donaldson and Susan Wilensky, Bereavement Counselors

Location: 1355 Piccard Drive, Suite 100 Rockville, MD 20850



Free and open to anyone living or working in Montgomery County.

To register or for more information, please call:

Montgomery Hospice Bereavement Care Team

301-921-4400

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301-921-4400

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For Men Only:

Getting a Handle on Your Grief

This **two-week** workshop will be a time for men to gather, with male facilitators, to exchange thoughts and experiences about the personal loss of a loved one. On consecutive Mondays, we will explore how grief affects us emotionally, spiritually, physically and mentally. Practical issues around coping will be discussed and educational materials will be provided.

**Monday, August 13 &
Monday, August 20
6:30 pm – 8:00 pm**



**Kip Ingram, Bereavement Counselor
John Nicolettos, Bereavement Volunteer**

Location: Montgomery Hospice Offices
1355 Piccard Drive, Rockville, MD 20850

To register or for more information, please call:
Montgomery Hospice Bereavement Care Team 301-921-4400
Free and open to any Montgomery County resident.

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Coping with the Grief of an Overdose Death



A supportive session exploring the challenges of grieving the death of a loved one through addiction and overdose, and sharing ways to cope with the loss.

Tuesday, July 17th, 2018 6:30 - 8:30 p.m.

Sponsored by and held at:

Montgomery Hospice

1355 Piccard Dr., Rockville, MD



Registration required.

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Loss of a Sibling Grief Workshop



Siblings are often called the “forgotten mourners” when grieving the loss of a brother or sister. Sometimes they feel as though they are on the outside of the family circle, and the pain of their loss is not acknowledged.

This workshop will be a time for those who have experienced the loss of a sibling to share their stories and discuss strategies for dealing with the effects of grief.

Tuesday, July 10, 2018

6:30-8:30 pm

**Location: Montgomery Hospice offices
1355 Piccard Drive, Suite 100, Rockville, MD**

Space is limited. Register by calling:

Montgomery Hospice Bereavement Care Team **301-921-4400**

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Yoga and Grief Workshop

In this workshop, we will present some material on the grief process with an emphasis on how some gentle yoga poses can be beneficial in relieving some of the intensity and distress of grief.

- *No previous experience with yoga is required.*
- *Loose comfortable clothing is recommended.*
- *Before attending, please allow at least 2 hours since your last meal.*

Tuesday, July 31, 2018

6:30 – 8:00 p.m.

Location: Montgomery Hospice Offices

1355 Piccard Drive, Suite 100

Rockville, MD 20850

Free and open to anyone living or working in Montgomery County.

Participants should be at least 3 months from the death of their loved one.

Register: Montgomery Hospice
Bereavement Care Team

301-921-4400



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