

## Seminars and workshops

Each year, a **Grief and the Holidays** workshop is typically held with tips and resources for coping with grief during the holiday season.

**Community seminars** on death, dying, grief, and loss are available by request to St. Mary's County educational institutions, senior centers, and other community and civic organizations.

**Volunteer training and support** seminars are provided each year as part of required interdisciplinary training for hospice volunteers.

## Annual Service of Remembrance

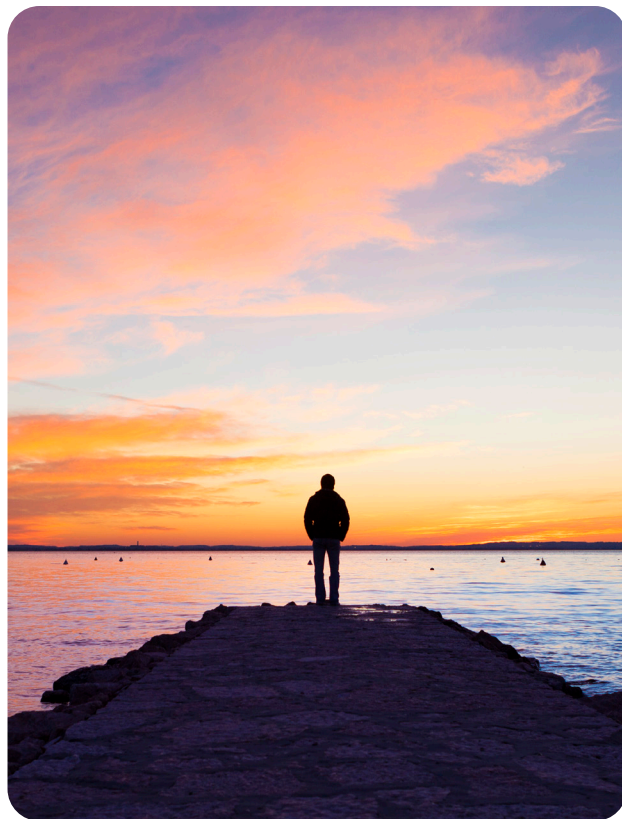
Every fall, we offer a remembrance ceremony to honor all patients who have died under hospice care within the previous year.

Hospice of St. Mary's is here to help.  
Call **301-994-3565** to learn more.

Hospice of St. Mary's is a not-for-profit, community-based organization providing care for the terminally ill adults, children, and families of St. Mary's County without regard to race, creed, or ability to pay.

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**HospiceofStMarys.org**



## Bereavement Services

Hospice of St. Mary's is helping individuals and families cope with the loss of a loved one.

**Grief is a universal experience.** Everyone will, at some point in life, enter into grief and mourning. In that sense grief is universal. Likewise, at least some features of grief are likely to be common to almost all people who grieve.

Grief, however, is also quite individual. Each loss is unique and each person is unique and will work through grief in individual ways. If you are looking for assistance, our grief counselors are committed to helping you find your feet in the unfamiliar terrain of grief. They offer companionship and guidance that can help support you as you discover your own best ways to move through grief and begin your healing.

Our services are an extension of the hospice philosophy that sees the entire family as part of our care. We actively follow the families of our hospice patients for 13 months after their loved one's passing. In addition, we offer grief support to all St. Mary's County residents seeking assistance, whether or not their loved one was enrolled in hospice. We also offer educational seminars and workshops for community organizations and schools.

## What programs does Hospice Bereavement Services offer?

### Grief counseling and referral

- Short-term individual counseling, free of charge
- Short-term family counseling, free of charge
- Extensive referral resources for those seeking long-term therapy

### Grief support groups

In groups, participants are offered the chance to both receive and provide support to one another as they seek healing and integration in the wake of loss. Our group offerings vary, year to year, according to demand. Please contact Bereavement Services to express your interest and be placed on the contact list for notification as groups become available. Each group generally runs for six or eight weeks, and pre-registration is required.

## Support Groups

Hospice of St. Mary's bereavement support groups are free of charge and open to all St. Mary's County residents who have lost a loved one. Below are a sampling of the groups that have been or will be offered according to demand.

### Adult groups

The **widow's support group** and **widower's support group** are both designed to assist the particular needs of individuals coping with spousal loss.

The **infant loss support group** is for those suffering in the wake losing an infant up to about one year of age, whether the death was prior to giving birth, at birth, or afterwards.

The **traumatic loss support group** is for those who have lost a loved one through traumatic death. The specific focus varies, depending upon the needs of the group

### Children's groups

The **sunrise support group** serves children aged 7-12 who have experienced the loss of a loved one through any type of death.

The **teen grief support group** teens aged 13-16 who have experienced the loss of a loved one through any type of death.

**Camp Sunrise** is a weekend day-camp for children and teens aged 7-16 who have lost a loved one through any type of death. The camp focuses on teaching the participants positive ways to express their grief and cope with their loss, and it offers participants a chance to share their unique expression of loss with their peers.