



Hospice of Washington County Bereavement Services

On-going Grief Groups

Hearts of Hope

Hearts of Hope is an on-going, open support group, available to any adult who has experienced the death of a loved one. 1st & 3rd Monday of each month from 10:30A.M.-12:00 noon and 2nd & 4th Thursday of each month from 5:30 P.M.-7:00 P.M.

Social Brunch:

Offered 1x/month, meeting at a local restaurant, 10:30 am. Facilitated by a fellow client. A great chance to socialize in a safe environment, with safe people who understand and respect where you are in your grief journey.

Page by Page Book Club

There are many great books with the topic of grief and loss. Join us for a time of delving into these literary gifts; sharing our insights; doing some self-reflection and analyzing; and enjoying fun socialization. Book topics will vary. Call for information about our next offering.

Closed-ended Grief Groups.....offered for 6 week sessions throughout the year

Overdose Loss Support Group

Experiencing the death of a loved one can be one of the most painful experiences we will ever have to endure. When that loved one died suddenly and due to an overdose, the pain can become excruciating. Join us for a time of support, sharing, and education.

Survivors of Suicide Group

This group will focus on the many issues that arise when a loved one dies by suicide will describe the many emotional, physical, and spiritual responses to it, explore ways to manage the intensity of the pain associated with it, and discuss healthy coping strategies.

Teen Grief Group

Life can be difficult enough, but add to that the fact that your teen may be grieving the death of a loved one, and you can see the complexities of teen grief. Safe place for teens to share stories and express themselves.

Educational Workshops.....offered throughout the year (at the office, in our Community Life Centers, or “on the road”)

Grief 101

Children and Grief

Traumatic Grief

Perinatal Loss

Mother’s Day Remembrance

Father’s Day Remembrance

Pet Remembrance

Letting Go of Guilt

Stress Management

Self Care

Coping with the Holidays

....and many more

Camp Hope N Cope

Special day camp for children between the ages of 6-13 who are grieving the death of a loved one. Provide support and encouragement to children in a safe, comfortable, fun environment. Offered in the summer. Campers typically attend camp just one year--- then are welcome to attend **Camp Reunions**. Reunions are for children between the ages of 6-13 who have attended camp in the past. This is an opportunity to reconnect with old friends, meet new friends, address new grief issues that may have come up, and simply have fun.

For more information about these groups and workshops, or to register, please call the Hospice Bereavement Department at 301-791-6360.

747 Northern Avenue, Hagerstown

We provide short-term counseling (from 1-4 sessions), serving children, teens, and adults.

Counseling for individuals, couples, and families.

Give us a call. We will gladly set up a plan to help meet your needs.

