



## Adult Bereavement Support Groups

*Peer support groups and related programs, free of charge,  
for adults grieving the death of a loved one*

Compassionate support in a group setting can help adults grieving similar losses to express their feelings, develop coping strategies, and find comfort and empathy.

### Do you want to join a support group?

- Our safe, confidential support groups are comprised of caring people grieving a similar loss
- Groups are facilitated by screened, trained, compassionate volunteers and provided at no charge
- Most support groups are tailored to the specific type of loss
- Daytime and evening groups are available; most groups are held on Zoom
- Enrollment is ongoing

### What groups are available?

Based on community need, we offer the following groups:

- Spousal/Partner Loss (organized by age group)
- Suicide Loss
- Parent Loss (multiple groups)
- Adult Child Loss
- Young Adult Parent Loss

**Participants must be at least 21 years old and working in or residing in Montgomery County, Maryland, be skilled using Zoom, and grieving the loss of a loved one.**

### Are you a former family caregiver in need of support after a recent loss?

#### Join us at our annual Bereaved Caregivers Retreat.

This unique, weekend, overnight retreat, held each fall, is offered at no cost for primary caregivers whose loved one has died within the past 2 years.

- Connect with other former caregivers with similar experiences
- Practice self-care and relaxation
- Share your caregiving experience
- Commemorate your loved one
- Refocus your life now that your care giving role has ended
- Space is limited and registration is required
- Information is available at [CaringMatters.org](http://CaringMatters.org)

**For more information and to register, contact  
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