**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 10:30 am-12:00 and 2nd & 4th Thursday of each month from 5:30 pm-7:00.

**Closed-ended Grief Groups..offered for 6-8 week sessions throughout the year *Survivors of Suicide Group*** This group will focus on the many issues that arise when a loved one dies by suicide. We 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.

**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.

**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 their story and process their emotions.

**Educational Workshops—offered throughout the year (at our office, at our community life centers, or “on the road”)**

***Grief Walks:*** *Walking Together Through Grief* ***Mother’s Day Remembrance Father’s Day Remembrance Pet Remembrance*** ***Redefining the Self Letting Go of Guilt Children and Grief Traumatic Grief Coping with the Holidays …………………..and many more***

***Children’s Camp***

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