



To register for a group or workshop, or if  
you would like more information about our  
services, please call us. We'd love to hear  
from you.

## Bereavement Services

Individuals, Couples, and Family Counseling

Sessions available by appointment

Please call 301-791-6360

Hospice of Washington County

## Bereavement Services

747 Northern Avenue

Hagerstown, MD 21742

...offering healing and hope  
in a time of loss

301-791-6360

## Hearts of Hope

Hearts of Hope is an on-going, open support group, available to any adult who has experienced loss related to the death of a loved one. Offered on the 2nd and 4th Thursday of each month from 5:30-7:00 pm and the 1st and 3rd Monday of each month from 10:30 am-12:00. No registration required.

## Grief 101 Workshop

An overview of the grief process: common reactions to loss; how it is individualized; what helps the griever; what you can do to help someone who is grieving. Open to anyone who has experienced a death or anyone who wants to learn how to be supportive to someone who is grieving. Please call for times/dates.

## Equine-Assisted Therapy

Hoofprint on My Heart is a partnership with STAR Community Equestrian Center.

Join us for this experiential approach to express feelings, increase coping skills, rebuild self esteem, and share and create memories!

**No Experience Necessary!**

Call for future dates.

## Camp Hope 'N' Cope

Grief camp for kids, ages 6-13. Offered one time per year. Designed to teach children coping skills in an environment where they can have fun, just be kids, and share with others going through similar experiences..

## Educational Workshops

Educational workshops on topics related to the grief process. Topics such as: Children and Teen Grief, Coping with Grief at the Holidays, and Cooking for One. Please call for a list of workshop dates.

## Overdose Loss

6-week group for those whose loved one died by overdose. Call for future dates.

## Survivors of Suicide

6-week group for those whose loved one died by suicide. Call for future dates.