



CaringMatters, a nonprofit organization serving Montgomery County since 1989, supports people of all ages experiencing serious illness, caregiving, loss, or grief through compassionate services - so no one faces their journey alone.

Our Programs

Adult Bereavement Support Services

- Bereavement support groups - peer support groups for grieving adults to share their stories, and learn from others grieving a similar loss. **(15-17 groups meet weekly online or in person; 250 people served per year)**
- The Bereaved Caregivers Retreat, held each fall and offered free of charge, allows participants to connect with former caregivers, share their story, practice self-care and relaxation, and refocus on one's identity. **(15-18 attendees per year)**

Children's Bereavement Support Services

- Good Grief Clubs – school and community-based support groups for grades K-12 **(250 students in 40 schools served per year)**
- Camp Erin - a weekend camp experience for grieving children, ages 6-17 **(50 campers per year)**
- Family Nights - a virtual program for grieving families to honor their loved one by creating an art project together ahead of major holidays **(75 adults and children attend; 5 sessions per year)**
- Parenting While Grieving - online workshop series that includes the practice of essential parenting skills, such as listening, expressing, problem-solving, and setting limits within the context of a grieving family **(20 grieving parents attend)**
- Consultation and collaboration with families, schools and social services organizations

Patient and Caregiver Support Services

- Volunteer Helping Hands - offers short-term, social and emotional support for people of all ages with a serious illness. Services include companionship, assistance with household tasks, respite care, and patient advocacy **(100 clients served each year)**
- JustRides - provides compassionate, reliable, and culturally competent transportation to and from treatments for adults being treated for cancer or other blood disorders. **(260 round-trip rides)**
- Caregiver Support Groups - offered virtual support groups for caregivers who are caring for loved ones in their home and facing the challenges of this special and important role **(40 caregivers supported)**

Community Education

- Community programs and presentations - designed to develop community knowledge and cultivate conversations about community resources, serious illness, caregiving, end-of-life, grief and related issues **(500-750 community members and professionals attend each year)**