

Common Ground



Take space to grieve, remember your loved one, and find connection with others who get it.

You don't have to navigate grief alone.

**Saturday, October 24, 2026, 10:30 a.m. until
Sunday, October 25, 2026, 1:00 p.m.**

What is Common Ground?

Common Ground is an overnight retreat for young adults ages 18–25 who are grieving the death of someone close to them. Take a break from the everyday, connect with others who get it, share your story—or simply listen—and discover practical ways to navigate grief during early adulthood. A variety of activities such as ziplining, art, and yoga are offered throughout the weekend for you to engage in the way that feels right for you.



Come as you are. Find connection, support, and a community that understands.



Who is this retreat for?

Ages 18–25

Where is this located?

**Bar-T Mountainside
Frederick, MD**

How much does this cost?

**Free of Charge
(including meals)**

To learn more or apply, please use this QR code, visit our website, CaringMatters.org, or contact **Eva Cowen**,
evac@caringmatters.org or 301-869-4673.

