



Bereaved Caregivers Retreat

3-day program to renew, refresh, and rebuild

Are you grieving the death of a loved one who died within the last 12-24 months and for whom you were the primary caregiver? If so, please consider joining us...

Connect with others around caregiving and grief; Practice self-care;
Commemorate your loved one; Identify personal goals for living fully with loss

Includes: 2 1/2 days of programming, all activity supplies, self-care items, and some additional surprises. Lunch and dinner on Friday and Saturday; Lunch on Sunday.

A \$50 materials fee is requested. However, no one will be denied participation for lack of ability to pay. There is no additional charge for the program.

- Interactive activities
- Meaningful discussions
- Self-Care
- Journaling
- Healing

Location: The CaringMatters Cottage
A serene setting on the campus of Bohrer Park
518 South Frederick Avenue
Gaithersburg, Maryland 20877

Friday, July 15, 10:00 AM - 8:00 PM
Saturday, July 16, 10:00 AM - 8:00 PM
Sunday, July 17, 10:00 AM - 3:00 PM

Only 15 spots available. For more information or to register, contact **Penny Gladhill** at 301-990-0852 or pennyg@caringmatters.org. Registration deadline: Friday, June 17, 2022

Thank you to our funding partners, Colleen and Ron Luzier