

What Adult Bereavement Program Participants Say:

"Hearing the stories of other participants helped me to understand that I was not alone and it helped me talk about my husband and my loss."



"We were a new group of strangers who became a group of new friends."

"I came away from the retreat feeling stronger and more able to go forward with a lighter feeling in my heart."

CaringMatters (founded as Hospice Caring in 1989) is a nonprofit organization that provides social supports and community education so that no one dies or grieves alone.

Other Programs of CaringMatters

- Camp Erin© Montgomery County
- Community Education
- Family Nights
- Good Grief Clubs
- Volunteer Helping Hands



All programs are free of charge.
Contributions of any size are appreciated.
United Way #8365 • CFC #42512
Catalogue of Philanthropy, Washington, DC

For more information or to donate:

CaringMatters.org
301-869-HOPE (4673)
Fax 301-990-4909

CaringMatters
518 South Frederick Avenue
Gaithersburg, MD 20877

Adult Bereavement Support



Peer support groups
and related programs,
free of charge, for adults
grieving the death of a
loved one

A program of
 **CaringMatters**
(formerly Hospice Caring, Inc.)

Adult Grief Support

Compassionate support in a group setting can help adults grieving similar losses to express their feelings, develop coping strategies, and find comfort and empathy.

Do you want to join a support group?

- Our safe, confidential support groups are comprised of caring people grieving a similar loss
- Groups are facilitated by screened, trained, compassionate volunteers and provided at no charge
- Most support groups are tailored to the specific type of loss
- Daytime and evening groups are available throughout Montgomery County

Enrollment is ongoing. Montgomery County residency is not required.



What groups are available?

Based on community need, we offer the following groups:

- Spousal/Partner Loss (by age group)
- Loss by Suicide
- Parent Loss
- Adult Child Loss
- Sibling/Friend Loss
- Loss by Substance Use or Trauma
- Grieving the Loss of Service Member

How do I get more information or register?

Contact Jim Rossi, Director of Adult Bereavement Services, 301-990-0854 or jimr@caringmatters.org

Are you a former family caregiver in need of support after a recent loss?

Join us at our annual Bereaved Caregivers Retreat.

- Connect with other former caregivers with similar experiences
- Practice self-care and relaxation
- Share your caregiving experience
- Commemorate your loved one
- Refocus your life now that your caregiving role has ended

This unique, weekend, overnight retreat, held each fall, is offered at no cost for primary caregivers whose loved one has died within the past 2 years.

- Space is limited and registration is required
- Information is available at CaringMatters.org

