



## Bereaved Caregivers Retreat

A Special, overnight weekend retreat to **renew, refresh, and rebuild**

If you are grieving the death of a loved one who died within the last 3 years and you were the primary caregiver, please join us.

**Friday, October 2, 2026, 4:00 pm - Sunday, October 4, 2026, 2:00 pm**

**Bon Secours Retreat and Conference Center  
1525 Marriottsville Road, Marriottsville, MD 21104**

### Participants will:

- Connect with others to share experiences and grief
- Practice self-care and relaxation
- Commemorate their loved one with gratitude
- Refocus their life now that the caregiving role has ended

### Eligibility:

- Former Family/Friend Primary Caregiver whose loved one died within the past 3 years
- At least 21 years old
- Resident of Montgomery County, MD

**Free of charge (includes lodging, meals, activities, and related materials)**

Registration required. Space is Limited.

For more information or to register, contact  
**Brandon Brewer**  
301-869-4673, ext. 107, [brandonb@caringmatters.org](mailto:brandonb@caringmatters.org).

Response from previous retreat attendee:

"This retreat put me in touch with my sense of loss, and gave me a sense of hope and opportunity."

We welcome and appreciate donations for any amount to help us continue offering this program at no cost.