

Grief support programs offer specialized help

Posted by [Cyn](#) On 08/08/2019

Frederick, MD -- Calvert Hospice is offering two specialized grief support programs this fall to help those struggling with the loss of a loved one.

Gone too Soon will offer help to those who have experience the loss of a child. Participants learn coping skills to deal and develop a support system with others who who've had a similar loss.

They'll also learn about healthy and unhealthy grieving, and why this particular grief unique.

Classes will be held on Tuesdays starting September 10 and running through October 29 from 5:00 – 6:30 p.m.

A Journey Through Grief is an 8-week grief support program for those who have lost a loved one. The group focuses on factors that make each person's grief journey unique. Sessions will be held Tuesdays starting September 10 through October 29 from 7:00 – 8:30 p.m.

All sessions will be held at Burnett Calvert Hospice House, located at 4559 Sixes Road, Prince Frederick.

There is a \$50 supply fee for this program, but scholarships are available. Pre-registration is required, and participants need to attend all sessions.

Contact Tessa Washington at (410) 535-0892, ext. 2201 or twashington@calverthospice.org. for more information or to register.

Download registration forms or register and pay online at: <https://calverthospice.org/grief-support-programs>

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