



# Bereaved Parents of the USA Anne Arundel County Chapter

NOVEMBER 2014

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## The Season of Being Thankful

This is a group all of us would rather not belong to, but we are grateful it is here. For the past 30 years, this Chapter has been, and continues to be, a place of hope and healing. Let's all take this opportunity to express our gratitude to the people who formed the Bereaved Parents of the USA - Anne Arundel County Chapter. After the death of their own children, they knew there was a need to form a group in our county to reach out to others. These bereaved parents made it possible over the years for all of us to receive support through the worst possible time of our lives. They listened well and truly cared. Once each of us arrived, I know there was a sense of relief that we were not losing our minds. What a comfort to be able to share our thoughts out loud in a safe place, and realize others understood and did not judge us. Most importantly, we were not alone. A heartfelt thank you to each of them—Ann & Noel Castiglia, Martha O'Heir, Donna Rorbaugh, Barbara Hale, Gene & Marlen Maier, and Mary Louise de Sarran.

To all the speakers who came to our meetings and gave their time to share their experiences, thank you for your help and caring. To our Core Group members, much appreciation for all your hard work. Your commitment to helping others through this chapter, and also in your personal lives, is an outstanding and noteworthy example of your generosity. Thank you for what you have done and continue to do for this chapter and for bereaved parents. And lastly, to all the bereaved parents that have attended our meetings in the past and present - this group exists because others have traveled this grief journey too. We are here for you, so you may find some comfort and hope and pass it along to those who will need you in the future.

Sponsorship of this newsletter has been made by the following families:

Tawny and Kevin Stitely  
In memory of their daughter  
**Tori Danielle Stitely**  
May 21, 1985 - November 26, 2012

Once upon a time I dreamed of having my very own little girl. And then, my dream came true on May 21st 1985. That day at 4:44pm was the best day of my life. Nothing can top that! On that day, little did I know that you would be with us for a short 27 years, 6 months and 5 days. I miss you with every breath that I take and will for the rest of my life. But, one thing I know for sure is that you will be waiting

at the top of that stairway to Heaven. I can't wait for my hug!

Love you forever and ever....Mom and Dad



Karen and Michael Willey  
In memory of their son  
**Nicholas Poe**  
November 9, 1982 - January 23, 2002

Dear Bubba, I will learn from you over and over again on life, love and the precious gift of a child. Until I find my heart again.

Love, Forever & Always, Mom



## Giving Thanks

by Sascha Wagner

I cannot hold your hands today, I cannot hear your voices now,  
my children, who are gone.

But I recall your faces still, the songs, the talks, the sighs.  
And story times, and winter walks, and sharing secret things.  
I know you helped my mind to live beyond your time with me.  
You gave me clearer eyes to see, you gave me finer ears to hear,  
what living means, what dying means, my children, who are gone.

So here it is Thanksgiving Day, and you are not with me,  
and while I weep a mother's tears, I thank you for the gifts you were,  
and all the gifts you gave to me, my children, who are gone.



**“Set a place for me....”**

***May your holidays be filled with many  
reasons to be thankful.  
Having loved and having been loved is  
perhaps  
the most wondrous reason of all.***



## Hope for the Thanksgiving Holiday

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By Patti Cox @Hello Grief

The holidays can be an especially difficult time of year for those who are grieving. When everyone around you seems happy and full of holiday cheer, you may want to just skip the holidays all together. The sights, sounds and smells of the holiday season can be overwhelming and the period of time leading up to the holidays can actually be worse than the day itself.

Before Thanksgiving Day, think about what might be tough and plan ahead, for example the “empty chair,” should you keep it in place or remove it from the table all together? Should the oldest child or another family member sit there now? Should you set a place in honor of your loved one? There’s no right or wrong answer, do what’s best for you and your family.

Be realistic....Don’t over schedule, you know yourself better than anyone. Set realistic goals and always have more than one plan. By having multiple plans – plan A, B and C – you can quickly move to the next plan if the previous one isn’t working or becomes too difficult.

It’s important to remember that you don’t have to do things the way you’ve always done them. It may be a good time to start some new traditions, this doesn’t mean you’re going to lose the old traditions; you can always go back to them or incorporate them again when you’re ready. Just because you’ve always put on a huge feast doesn’t mean you have to this year, have everyone bring a dish, have another family member host Thanksgiving dinner, or go out to a restaurant this year.

Address the “elephant in the room,” by acknowledging your loved one and including him or her in your gathering by lighting a candle, making a toast in his or her honor, or sharing favorite memories and funny stories about them. It may be difficult to start these conversations but it will benefit everyone around you and help each of you heal a little bit at a time.

A wonderful new tradition is to cover the table with a plain table cloth, provide permanent markers for family members and guests to write what they’re “thankful” for on the table cloth, a favorite memory or message to your loved one, and children can have fun by drawing pictures. Bring the tablecloth out at each holiday until it’s full and then start a new one!

Remember to give “thanks” for what you had and what you still have.....memories, love and feelings in our hearts can never be taken from us unless we let them. This year give thanks that the grief you feel is based on the enormous love you’ve shared!



## Next Meeting: Thursday, November 6th at 7:30 p.m.

There will be a panel discussion on 'Coping with the Holidays'. Panel members will be Noel Castiglia, Janet Tyler, and Holly Enders.

Calvary United Methodist Church • 301 Rowe Boulevard • Annapolis, MD 21401  
Sharing groups, a key part of each Chapter meeting, will be held as desired for first-time attendees, and the newly and non-newly bereaved. **Meetings are held on the first Thursday of every month beginning at 7:30 p.m. and are open to anyone grieving the death of a child. Come around to the back of the church -- there is parking and an entrance directly into our meeting room. Doors open at 7:15 p.m.**

We are a self-help support organization dedicated to assisting parents, grandparents, aunts, uncles and siblings toward the positive resolution of grief following the death of a child. We provide information and education to extended family and friends. Our greatest strength as bereaved families is the unity we find in shared experiences which can lead us out of isolation, give us a place to "belong," and offer us hope that together – we can make it.

WHAT TO EXPECT AT OUR CHAPTER MEETINGS: Our Chapter gathers one evening a month to address topics and offer support to those who are mourning the death of a child. Our meetings last for approximately 2 hours. Sometimes we schedule a 30-minute presentation at the beginning of our meeting. When the speaker or panel has concluded the presentation, we introduce ourselves and say our child's name. We then take a short break before dividing into sharing groups. Sharing groups are facilitated by fellow Chapter members and are completely confidential. During this time, the issues that are discussed—particularly for the newly bereaved—focus on the issues facing participants today.

Submissions for the December newsletter are due to the Newsletter Team by November 10.  
Send an email to: [newsletter@aacounty-md-bereavedparents.org](mailto:newsletter@aacounty-md-bereavedparents.org).



Chapter Leader: Vacant  
Newsletter Team:  
June Erickson, Linda Khadem,  
Katie Redmiles  
Treasurer: Fran Palmer  
Correspondence &  
Hospitality: Tawny Stitely  
Librarian: Bob and Sandi Burash  
Programs: Mary Redmiles  
[mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)

### **Do You Use Amazon.com?**

If you enter Amazon through our Chapter's website ([www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)), the Chapter will earn a commission of 5% on your purchases. Using the link does not increase your cost (and information about your purchase is not shared with the Chapter). It's an easy way to support our Chapter's activities. Go to the Chapter's home page, click on the butterflies on the welcome page, and scroll down the first page to the bottom where there is an Amazon.com graphic that takes you to Amazon's site. Entering Amazon's site through the Chapter's website credits the Chapter with the 5% commission on any purchases that follow. Thanks in advance for your help!

Would you like to sponsor the Chapter's newsletter or website ([www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)) for one month in memory of your child? It's a wonderful way to honor your child's memory – to say his or her name for all the world to hear -- while providing financial support to the Chapter and its many activities offered to all those mourning the loss of a child. Newsletter sponsorship is \$75 and website sponsorship is \$25. Just send an email to Mary Redmiles ([mary.redmiles@gmail.com](mailto:mary.redmiles@gmail.com)) or call her at 410-721-6671, or sign up at a monthly meeting. Say Their Names!!! And help the Chapter, too!

REPRINT POLICY: Material in this newsletter of the Anne Arundel County Chapter/ BPUSA may be copied only: 1) if the article is copied in its entirety; 2) if the person writing the article is identified as noted in the newsletter; 3) if it is clearly stated that it was taken from the newsletter of the Anne Arundel County Chapter/ BPUSA; 4) if our website is cited in the credits. This material is to be used and given to help persons with the grieving process and may not be sold or become a part of something being sold for profit, unless first obtaining the permission of the author of the article and/or the current Editor or Chapter leader as noted in this newsletter.

## A Grandparent's Lament

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By Rabbi Earl Groman

My seven year old grandchild was killed in a tragic accident. We had such wonderful times together. He was the shining light of my life. And now he's gone. I feel sorry for my daughter and son-in-law, but they have lots of support from caring friends. No one seems to understand my agony. Grandparents mourn too!

How true, the grandparent-grandchild relationship is very special. With quality time, they provide the biggest laps, make few demands, and give many gifts. It has often been said that parents aren't supposed to bury their children. But, neither are grandparents supposed to bury their grandchildren. When a child dies, both parents and grandparents have lost a part of their future – one of the most horrific blows that human beings can endure.

There is the double assault of grieving for a grandchild while witnessing the suffering of your daughter and son-in-law. Your grief work may be different. Memories and attachments are not the same. Each of you has been rocked in individual paths to the very depths of your being in the attempt to patch together the pieces of your shattered lives. You must find a way to express what you are feeling or this suffering will stay inside you and fester. Seek out those with whom you can share your heartbreak. Pour out these emotions of grief and if necessary repeat them time and again. Perhaps keep a journal for your eyes alone to flood out your sorrow. But, most of all, talk. Talk to your friends, family, neighbors, clergy, support groups or a professional counselor. How sorely you need their expressions of help, warmth, and understanding.

The death of your grandchild may also result in an even closer relationship with your daughter, son-in-law, and the rest of the family. Recall the unforgettable memories of the past as you search for a meaningful future. Even in your overwhelming despair, you will realize that part of that child's life will live with you forever.

(From The Compassionate Friends,  
West Central Ohio Chapter Newsletter,  
Sept. 2014)

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### Connect With Us on Facebook

We are now on Facebook. It is a closed group where we can continue our discussions in private. Your other Facebook friends will not be able to see what you post there, and you will not be able to share postings by others. You have to join Facebook first before you can become a member. Please go to <https://www.facebook.com/groups/BPUSAAAC/> and ask to join. You will be approved within 24 hours. If you have any questions or problems, please contact June Erickson at [JuneErickson@aol.com](mailto:JuneErickson@aol.com).





**Veterans Day**  
**November 11, 2014**

### **My Brave Young Men**

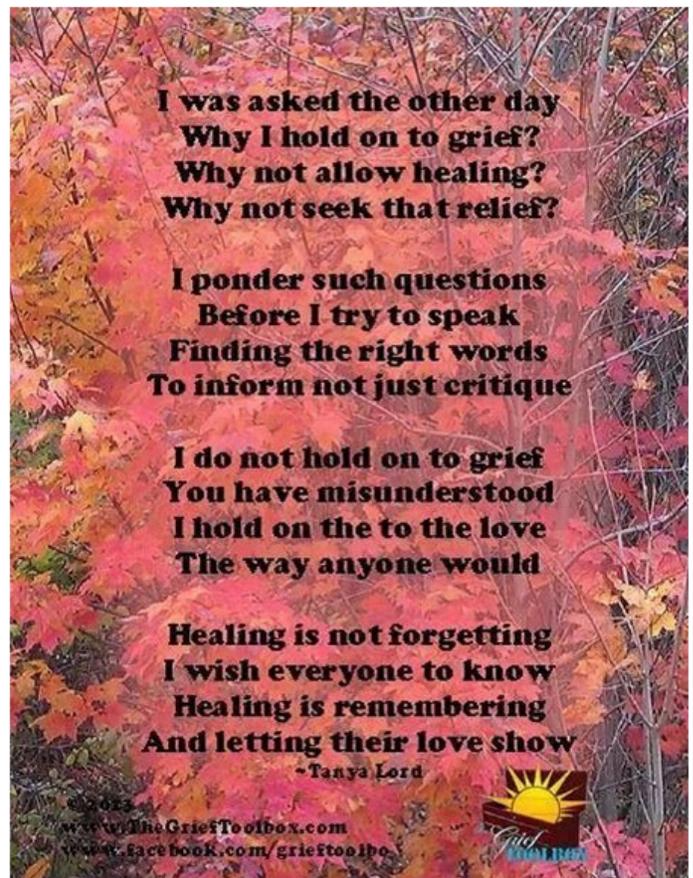
(Written by Glen Genseal, a Korean Veteran, on the Memorial to Korean Veterans, Springfield, Illinois Cemetery.)

There are name upon names written upon this plaque of brave young men who never came back. Take a good look as they go marching by, I want you to hear their widows and mothers cry. I want you to touch each lonely tear and feel each heartache that will never disappear.

Look onto the eyes of each wife, mother and dad and touch the small hand of each fatherless child that war has left so sad.

Oh my friends, never forget as you walk by these brave young men who had to die. Let it be known and ever so plain that my brave young men did not die in vain. America will always be the home of the brave, America will always be the land of the free.

Because of the life of each young man whose name is written in blood upon me. Rest in peace, my brave young men...



## Book Review

### **Proof of Heaven: A Neurosurgeon's Journey into the Afterlife**

By Eben Alexander

#### A SCIENTIST'S CASE FOR THE AFTERLIFE

Thousands of people have had near-death experiences, but scientists have argued that they are impossible. Dr. Eben Alexander was one of those scientists. A highly trained neurosurgeon, Alexander knew that NDEs feel real, but are simply fantasies produced by brains under extreme stress.

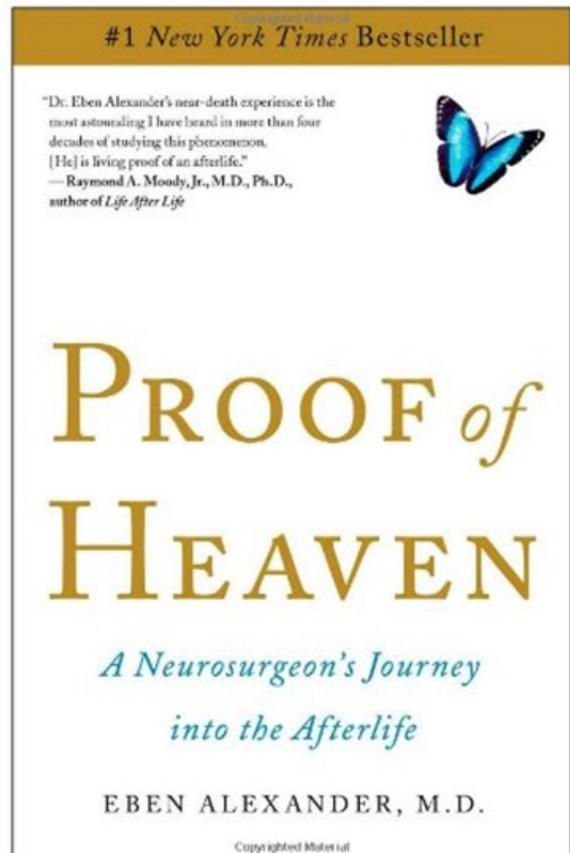
Then, Dr. Alexander's own brain was attacked by a rare illness. The part of the brain that controls thought and emotion—and in essence makes us human—shut down completely. For seven days he lay in a coma. Then, as his doctors considered stopping treatment, Alexander's eyes popped open. He had come back.

Alexander's recovery is a medical miracle. But the real miracle of his story lies elsewhere. While his body lay in coma, Alexander journeyed beyond this world and encountered an angelic being who guided him into the deepest realms of super-physical existence. There he met, and spoke with, the Divine source of the universe itself.

Alexander's story is not a fantasy. Before he underwent his journey, he could not reconcile his knowledge of neuroscience with any belief in heaven, God, or the soul. Today Alexander is a doctor who believes that true health can be achieved only when we realize that God and the soul are real and that death is not the end of personal existence but only a transition.

This story would be remarkable no matter who it happened to. That it happened to Dr. Alexander makes it revolutionary. No scientist or person of faith will be able to ignore it. Reading it will change your life.

View on Amazon: [http://www.amazon.com/Proof-Heaven-Neurosurgeons-Journey-Afterlife/dp/1451695195/ref=sr\\_1\\_1?s=books&ie=UTF8&qid=1413952179&sr=1-1&keywords=proof+of+heaven](http://www.amazon.com/Proof-Heaven-Neurosurgeons-Journey-Afterlife/dp/1451695195/ref=sr_1_1?s=books&ie=UTF8&qid=1413952179&sr=1-1&keywords=proof+of+heaven)



## Our Children Remembered

Jon Russell Aikin  
Grandson of Elizabeth and Barry Aikin  
September 4, 1983 - November 19, 2001

Mariah Nicole Albee  
Daughter of Valerie and Richard Albee  
November 27, 1982 - September 7, 2012

Karlee Marie Andrews  
Daughter of Brian Andrews  
Daughter of Greg Anderson  
November 15, 1992 - August 11, 2007

Glorimar Arán  
Daughter of Sandra Arán  
July 26, 1989 - November 11, 2001

Douglas Lee Baer III  
Grandson of Shirley Baer  
August 21, 1983 - November 14, 2006

Linda Lou Boyce  
Daughter of Cora Boyce  
March 29, 1967 - November 30, 2004

Aris T. Carpenter  
Son of Kim Carpenter  
November 20, 1985 - December 4, 2013

Michelle Marie Dyke  
Daughter of Marie Dyke  
May 19, 1975 - November 10, 1992

Alice Engleman  
Daughter of Elizabeth Engleman  
November 20, 1997 - June 21, 2011

Thomas James Geoghegan  
Son of Maureen Geoghegan  
November 13, 1969 - June 30, 2013

Jeffrey Andrew Grimm  
Son of John and Linda Grimm  
November 25, 1973 - September 28, 1989

Romana Alice Hale  
Sister of Bobbi Remines  
October 8, 1948 - November 5, 1976

Galen Andrew Harig-Blaine  
Son of Clare and Stephen Blaine  
November 14, 1989 - April 22, 2007

Jolene Dawn McKenna  
Daughter of Charlene Kvech  
February 8, 1967 - November 22, 1971

Matthew Joseph Morrow  
Son of Carla & Ed Morrow  
11/13/90 - 10/13/12

Michael Dwayne Nokes  
Son of Ellen Foxwell  
November 9, 1963 - March 15, 1988

John David "JD" Openshaw  
Son of David and Lily Openshaw  
November 9, 1994 - February 21, 1997

Marco Pena  
Nephew of Dianna McKinnon  
November 28, 1989 - February 14, 2012

Nicholas Grant Poe  
Son of Karen and Michael Willey  
November 9, 1982 - January 23, 2002

Samantha Ann Rankin  
Daughter of Vickie and Bart Rankin  
November 19, 1988 - May 31, 2010

Joseph William Remines  
Son of Bobbi Remines  
November 16, 1980 - January 3, 1994

André Marc Sanders  
Son of Karen Sanders  
April 8, 1968 - November 27, 2002

Erin Michelle Shannon  
Daughter of Karen Shannon  
November 21, 1979 - March 18, 2009

Gary "Jake" David Spirt  
Son of Dee Spirt-Rayment  
November 19, 1962 - November 21, 2002

Karen Leese Stevens  
Daughter of Judith and John Leese  
July 19, 1962 - November 17, 2009

Tori Danielle Stitely  
Daughter of Tawny and Kevin Stitely  
May 21, 1985 - November 26, 2012

Nicole L Tresize  
Daughter of Cathy Valentine  
November 2, 1975 - November 11, 1975

Charles E Valentine, III  
Son of Cathy Valentine  
November 29, 1974 - October 21, 2011

Robert Matthew White  
Son of Kathleen Savage  
September 20, 1972 - November 13, 1993

Tracy Woodfork, Jr.  
Son of Jennifer Woodfork  
Grandchild of Julie Bergmeier  
November 28, 1989 - October 8, 2012

Maraki Yemane  
Daughter of Patrizia Giorgio and Menelik Yemane  
April 1, 2006 - November 21, 2010

*This is for all the caterpillars that never became butterflies. All the butterflies that never caught the wind in their wings. And all the hearts that had hopes and dreams of a wondrous flight together.*

Donations may be made to offset the costs of our local Chapter's events and communications. We gratefully acknowledge the following donations made recently:

Kenneth Smith in memory of his niece Tracy Fotino

### Chapter Notes

#### The 12<sup>th</sup> Annual Memory Walk - by Barbara Bessling, Ricky's Mom

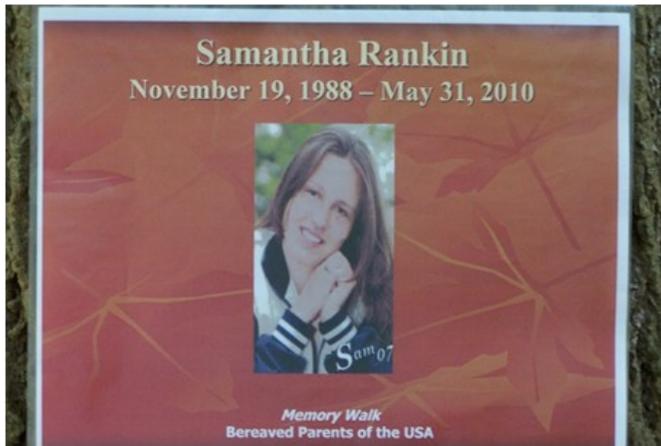
As we gathered for the Twelfth Annual Memory Walk, on the 4<sup>th</sup> of October, the rain was coming in spurts, it was dark and dreary, and the hopes of a beautiful walk looked pretty slim. But as more people arrived, the gathering seemed to take on a new life. I realized that it is the beautiful lives of our children that makes the day. When I think that the Annual Walk is more work than I can handle, I always leave with a renewed spirit, no matter the weather. As always, thanks to all who helped, and for all that walked, and for sharing your children.

And lastly, a special thanks to Graul's Supermarkets and Mars Supermarkets for their generous donations to the Memory Walk.



### Chapter Notes





**Chapter Leader Position**

We are looking for a Chapter Leader. If anyone with good organizational skills is interested in helping out with the Chapter Leader position, please contact the Core Group.

BP-AAC extends our sincere sympathy to the Schultz Family.

Thank you Pat, you will be missed....

**Remembering Pat Schultz**

Patricia G. Schultz, Mother of Kelly Schultz (1964-1996), died at her home on June 11, 2014 after a year-long battle with cancer, with her husband at her side. After Kelly's death in 1996, Pat and Jim were very active with the Anne Arundel County Chapter of the BPUSA. They were both core group members and Pat put her heart and soul into every project that she took on. She had chaired the Annual Service of Remembrance and several Hope and Healing Conferences, as well as helping in other ongoing projects. Pat is survived by her husband Jim, son, Jim Jr., and Kelly's two sons, Devon and Chad. All who knew her will miss her smile, sense of humor and her sincere concern for others.





## Chapter Notes: Upcoming Meetings & Announcements

### **November Chapter Meeting - Thursday, November 6, 2014**

7:15 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD

There will be a panel discussion on 'Coping with the Holidays'. Panel members will be Noel Castiglia, Janet Tyler, and Holly Enders.

### **November Core Meeting - Tuesday, November 11, 2014**

7:00 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD

We will be discussing the Service of Remembrance. Please join us.

### **December Chapter Meeting - Thursday, December 4, 2014**

7:15 p.m. at Calvary United Methodist Church, 301 Rowe Blvd., Annapolis, MD

"Introducing our Children." The focus will be on our deceased children, giving everyone the opportunity to tell others about who they were. For all who want to participate, bring a picture or memento and introduce your child and describe what he or she was like. Sharing groups will be the focus.

### **Annual Service of Remembrance - Sunday, December 7, 2014**

3 p.m. at St. Martin-in-the-Field Episcopal Church, 375 Benfield Road, Severna Park, MD

Since its beginning in 1985, the Anne Arundel County Chapter's Annual Service has provided an opportunity for parents, grandparents, siblings, aunts and uncles, and friends to remember our precious children. Please join us in this celebration of our children's lives as we face the Holiday Season with Love, Compassion, and Hope for all. The Service is normally held on the first Sunday in December. A reception is immediately following the Service. RSVP by November 15, 2014

### **Worldwide Candle Lighting - Sunday, December 7, 2014**

At 7:00 p.m. every year, on the second Sunday in December, group candle lightings are held around the globe. Intense darkness of grief gives way to light as hundreds of thousands of candles spread their flickering flames to light the night in unison as all of the children who died are remembered and honored. The first candles are lit in New Zealand, and for the next 24 hours a virtual wave of light spreads around the world.

### **2015**

#### **The Compassionate Friends National Conference - July 10 - 12, 2015**

The 38th TCF National Conference, "Hope Shines Bright ... Deep in the Heart", is the theme of next year's event. The 2015 Conference will be held at the Hyatt Regency Downtown Dallas. Visit their website at --- > [http://www.compassionatefriends.org/News/Events/Conferences/National\\_Conferences.aspx](http://www.compassionatefriends.org/News/Events/Conferences/National_Conferences.aspx)

#### **Bereaved Parents of the USA National Gathering - July 24 - 26, 2015**

Hartford, Connecticut

Visit their website at ---> <http://www.bereavedparentsusa.org/Gathering.html>

#### **TFC Regional Conference - October 9 - 11, 2015**

*"From a Broken Heart....Emerges Hope and Healing"*

Radisson Hotel Valley Forge, King of Prussia, PA

Please contact Bobbi Milne at [mcfly423@aol.com](mailto:mcfly423@aol.com) or Ann Walsh

at [tcfeastrc@yahoo.com](mailto:tcfeastrc@yahoo.com) if you would like to volunteer, be a sponsor or send a donation. More details to come later.



# **The Anne Arundel County Chapter of The Bereaved Parents of the USA**

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**Cordially Invites You to Our**

# **Annual Service of Remembrance**

***Sunday, December 7, 2014 at 3 p.m.***

***St. Martin-in-the-Field Episcopal Church  
375 Benfield Road  
Severna Park, Maryland***

***RSVP by November 15, 2014  
Reception immediately following the Service***

***Snowflakes are  
winter's butterflies***

**2014 Annual Service of Remembrance RSVP**

Since its beginning in 1985, the Annual Service has provided an opportunity for parents, grandparents, siblings, aunts, uncles, and friends to remember our precious children. Please join us in this celebration of our children's lives, as we face this Holiday season with Love, Compassion, and Hope for all.

Slide presentation - During the program, we project a slide for each of our children. The slide will give the child's name and the dates of his or her life. If you have a photo of your child, we can include that on the slide as well. Please indicate below if you wish to have your child's name included in the presentation. If you have an electronic file of the picture, send it to **bebessling@aol.com**. Or, if your child's picture is on the website, we can use that version. Alternatively, if you have a photo, please enclose a copy with this form and mail it to the address below. On the back of the photo, please print the name of your child, his/her dates of birth and death, and your name and telephone number.

In order to ensure that your child's name is included in the printed program, please provide the information requested below and return this **RSVP by mail no later than Saturday, November 15, 2014.**

Plan to attend                       Cannot attend                      \_\_\_\_\_ Number who will attend

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ Email Address: \_\_\_\_\_

\_\_\_\_\_

Please print the name(s) of your deceased child(ren) as you would like it (them) to appear in the program, and indicate the dates of birth and death.

Name:			Date of Birth:	Date of Death:
_____	_____	_____	_____	_____
First	Middle	Last		
_____	_____	_____	_____	_____
First	Middle	Last		
_____	_____	_____	_____	_____
First	Middle	Last		

- I would like my child's name to appear in the slide presentation
- I am enclosing a photo of my child for the presentation
- I will send an electronic file with a photo for the presentation
- Use the photo which is on the website
- Use the photo from last year's Service

*Note: If you enclose a photo, please leave it loose in the envelope; do not attach it with a paper clip or staple.*

**Contributions:** Our Annual Service of Remembrance, monthly newsletter and monthly sharing meetings are made possible by the generosity and the hard work of many volunteers. Your tax-deductible contributions are important to the continued success of this group and may be included with your response to this invitation. All contributions will be recognized in Loving Memory of your child(ren) in our monthly newsletter.

*Please mail early to:*      ATTENTION: Memorial Service  
 BP/USA, AA County Chapter  
 PO Box 6280  
 Annapolis, MD 21401-0280

*If you would like more information, please send an email to Contact Us on the Chapter Website: <http://www.aacounty-md-bereavedparents.org>*

## Resources

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### **Hospice of the Chesapeake Life Center**

90 Richie Highway  
Pasadena, MD 21122  
410-987-2129

Toll Free: 888-501-7077

Website: <http://chesapeakelifecenter.org/programs-and-services/groups>

#### **1) Child Loss Group**

Monthly support group for parents experiencing the loss of a son or daughter of any age. Saturday: September 6, October 4, and November 1 from 10 a.m. to Noon. Saturday, December 6 from 9:30 a.m. to 12:30 p.m.

#### **2) Suicide Grievors**

Monthly Support Group with a professional facilitator for those 18 years and over who are grieving the death of a loved one by suicide - Tuesday: September 9, October 14, November 11, and December 9 – Evening. Please call 410-987-2129 for further information.

#### **3) Support Group for those Grieving a Loss Due to Substance Abuse**

This monthly drop-in/open support group is designed for those who have lost a loved one due to substance abuse and will address issues common to this particular type of loss. Monday: October 6, November 3, and December 1 from 6 p.m. to 7:30 p.m.

#### **4) Perinatal Scrap-N-Share Group**

This group is designed for individuals or couples coping with a difficult pregnancy diagnosis or infant loss. Participants can make a scrapbook, collage, or shadow box or just come for support with others who have experienced a similar loss. Group meets bi-monthly in the evening.

#### **5) Career-Aged Widow and Widowers Support Group**

Groups for career-aged adults who are grieving the death of a spouse or a life partner. Wednesday: September 17, October 15, November 19, and December 17 from 6 p.m. to 7:30 p.m. Tuesdays: November 11 to December 16 from 2 p.m. to 3:30 p.m.

#### **Grief Counseling**

Website: <http://www.chesapeakelifecenter.org/programs-and-services/ind-counseling>

#### **Complementary Therapies**

Website: <http://www.chesapeakelifecenter.org/programs-and-services/complementary-therapies>

### **Maryland Crime Victims' Resource Center**

Website: <http://www.mdcrimevictims.org> or call 410-234-9885

### **Suicide Support Group**

Meets the first Tuesday of each month in Severna Park, MD. Call 410-647-2550

### **MIS Support Group**

(miscarriage, infant death or stillbirth)

Meets the first Monday of each month in Edgewater, MD. Call 443-481-6114

### **Grief Recovery After a Substance Passing (GRASP)**

Website: [www.grasphep.com](http://www.grasphep.com) or call 843-705-2217

### **The Compassionate Friends of Prince George's County**

Meetings are on the second Thursday of each month at 7 p.m., United Parish of Bowie, 2515 Mitchell-ville Road, Bowie, MD

## Resources

### **The Compassionate Friends, Reston Satellite Group** **(for no surviving children)**

North County Government Center, Reston District Police Station, 12000 Bowman Towne Drive, Reston, VA. Meetings on the second Saturday of each month from 2 p.m. to 4 p.m.

### **Gilchrist Grief Services**

Registration is required for all services - Online at [gilchristospice.org/grief\\_registration](http://gilchristospice.org/grief_registration)  
For Hunt Valley, Gilchrist Center, Forest Hill and Dundalk events call 443-849-8251 or email [GHC\\_bereavement@gilchristospice.org](mailto:GHC_bereavement@gilchristospice.org)  
For Howard County events call 443-539-4086 or email [GHC\\_bereavement@gilchristospice.org](mailto:GHC_bereavement@gilchristospice.org)

#### **Hunt Valley:**

11311 McCormick Road, Suite 350  
Hunt Valley, MD 21031

Support Groups:

#### **Widowed Persons/Life Partner Support Group (all Ages) evening**

Tuesdays - TBA

#### **Widowed Persons/Life Partner Support Group (all Ages) daytime**

Wednesdays, Oct. 15 - Nov. 19 from 1:30-3pm

#### **Adults with Parental Loss**

Tuesdays, Oct. 21 - Nov. 25 from 6:30-8pm

#### **Widowed Persons/Life Partner Support Group (ages 50 & under)**

Tuesdays, Nov. 11 - Dec. 16 from 6:30-8pm

#### **Learn to Meditate**

Saturday, Oct. 18 & December 20 from 10am-Noon

Workshops:

#### **Craft Night: 6:30-8pm, Monthly**

A social time of friendship, fun and creativity  
Thursdays, Nov. 6, Dec. 4

#### **When a Father Grieves**

A gathering for me who have lost adult children  
Thursday, Oct. 16 from 6:30-8pm

#### **Finding Hope as the Journey Continues**

Thursday, TBA

#### **Understanding Grief**

Wednesday, Nov. 5 from 6:30-8pm

#### **Coping with the Holidays**

Monday, Dec. 15 from 6:30-8pm

#### **Forest Hill:**

Hooper House  
2007 Klein Plaza Drive  
Forest Hill, MD 21050

Workshops:

#### **Understanding Grief**

Wednesday, Oct. 1 from 6:30-8pm

#### **Finding Hope as the Journey Continues**

Thursday, Nov. 13 from 4-5:30pm

#### **Coping with the Holidays**

Wednesday, Nov. 19 from 6:30am-8pm

#### **In Towson:**

Gilchrist Center - 555 W. Towsontown Blvd.  
Towson, MD 21204

Support Groups:

#### **Mother's Grief: 3-4:30pm, Monthly**

For mothers who have lost adult children  
Wednesday: Nov. 19, Dec. 17

#### **Coping Creatively: The Expressive Arts Work-shop Series**

For those who would like to explore ways to cope beyond talking.

#### **You may register for all or some of the workshops:**

Saturdays from 10am to Noon:

Nov. 8, Music for the Journey

Nov. 15, Learning to Meditate

Nov. 22. Caring for Ourselves

## Resources

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### In Columbia:

5537 Twin Knolls Road, Suite 434  
Columbia, MD 21045

Support Groups:

**Men's support Group:** 10am-Noon, Monthly  
For men who have lost a spouse/significant other

Saturday: Oct. 11, Nov. 1

**Widowed Persons/Life Partner Support Group (all ages) morning**

Thursdays, Sept. 4 - Oct. 9 from 10-11:30am

**Adults with Parental Loss**

Tuesdays, Oct. 7-Nov. 11 from 6:30-8pm

**Widowed Persons/Life Partner Support Group (all ages) evening**

Mondays, Oct. 20-Nov. 24 from 6:30-8pm

Workshops:

**Understanding Grief**

Tuesday, Sept. 16 from 6:30-8pm

**Finding Hope as the Journey Continues**

Thursday, Oct. 2 from 6:30-8pm

**Coping with the Holidays**

Tuesday, Dec. 9 from 6:30-8pm

### In Dundalk:

Mosaic Community Services in the Dundalk Professional Building, near the intersection of Dundalk Avenue and Center Place.

40 S. Dundalk Ave, Dundalk, MD 21222

Workshops:

**Coping with the Holidays**

Wednesday, Oct. 22 from 1-2:30 pm

### Crisis Mental Health Hotline Numbers

**Maryland Hotline** – Call 800-422-0009

**Anne Arundel County Suicide Hotline** – Call 911 (emergency) or 410-768-5522

**Baltimore City** – Call 410-931-2214

**Baltimore County** – Call 410-752-7272

**Calvert County** – Call 800-422-0009

**Charles County** – Call 800-422-0009

**Frederick County** – Call 301-662-2252

**Howard County** – Call 410-531-6677

**Montgomery County** – Call 240-777-4000

**Prince Georges County Suicide Hotline** – Call 911 (emergency) or 301-864-7130 / 301-429-2185

**St. Mary's County** – Call 800-422-0009

**Veterans Hotline** – Call 800-273-8255

[www.aacounty-md-bereavedparents.org](http://www.aacounty-md-bereavedparents.org)

