

Grief and Bereavement Resources

❖ CaringMatters

- Website: <https://www.caringmatters.org>
- Hospice & Grief Support | CaringMatters | Gaithersburg, MD
- Phone #: (301)990-0852
- Email: caring@carimgmatters.org or for Spanish: mariaja@carimgmatters.org
- Services offered:
 - Online support groups (spousal/partner loss – offered for all ages and separate group for Leisure World residents, suicide loss, mixed losses, adult child loss, COVID-19 loss)
 - Children’s grief support (7-week program in schools, overnight weekend camp, family nights)
 - Free of charge, contributions welcome

❖ The Holy Cross Bereavement Center

- Website: <https://www.holycrosshealth.org/find-a-service-or-specialty/senior-services/family-and-caregiver-resources/bereavement-support/>
- Phone #: (301)754-7742
- Email: bereavementcenter@holycrosshealth.org
- Services offered:
 - 9-week support program
 - Drop-in grief groups every other week
 - Spanish language support group
 - Free of charge

❖ Jewish Social Service Agency (JSSA)

- <https://www.jssa.org/get-help/workshops-and-groups/>
- Phone #: (301)816-2633
- Services offered:
 - Teen Grief Support Group (currently virtual)
 - Ages 14-18
 - Wednesdays, 3p.m. – 4p.m.
 - Contact for more information: Heidi Cohen, LCSW-C (301)816-8379
 - Loss of Spouse Support Group (currently virtual)
 - 2nd and 4th Friday of the month, 10:30 a.m. – 12 p.m.
 - For more information, contact: Arlen Gaines, LCSW-C (301)816-2705
 - Loss of a Young Child Support Group (currently virtual)
 - Monday evening once a month

- For more information, contact: Suzanne Adelman, LCSW-C (301)816-2683
- Suicide Loss Support Group (currently virtual)
 - 1st and 3rd Monday of every month, 7:30p.m. – 9p.m.
 - For more information, contact: Arlen Gaines, LCSW-C (301)816-2705 or email Ellen Lebedow LCSW-C at elebedow@jssa.org

❖ **The Compassionate Friends – Potomac, MD Chapter**

- Website: <http://www.tcfpotomacmd.com/>
- Phone #: (301)253-8740
- Email: info@tcfpotomacmd.com
- Services offered:
 - Monthly chapter meetings (currently on Zoom)
 - Support for death of a child
 - Sibling group (currently on Zoom)
- Cost
 - Free of charge, contributions welcome

❖ **Surviving Our Ultimate Loss (SOUL)**

- Contact: Beth Kane Davidson at Suburban Hospital
- Addiction Treatment Center 301-896-6608
- Mother's support group for those who have lost a child/children to substance use.

❖ **Montgomery County Federation of Families for Children's Mental Health**

Montgomery County Federation of Families for Children's Mental Health

<https://www.mcfof.org/>

Peer Grief Support Group

4th Thursday of the month on Zoom

6:00 pm to 7:00 pm

Registrants will receive the Zoom link in a separate email.

To register, visit <https://www.eventbrite.com/e/166826964943>