



Support, Counseling and Education

**GILCHRIST GRIEF SERVICES
INVITE YOU TO JOIN US FOR A
LUNCH AND LEARN SEMINAR ON GRIEF & LOSS AT OUR OFFICE IN HUNT
VALLEY.**

*This grief series will take place on four (4) consecutive Wednesday's with a different topic
being discussed each week:*

February 15 - Understanding Grief

February 22 - Mindfulness

March 1 - Expressive Arts

March 8 - Hope and Healing

SESSIONS WILL TAKE PLACE ON WEDNESDAY'S FROM 12:00 P.M. – 1:30 P.M.
LUNCH WILL BE PROVIDED AND THERE IS NO COST FOR THIS SEMINAR. HOWEVER,
RESERVATIONS ARE REQUIRED AND SEATING IS LIMITED.

YOU MAY COME EACH WEEK OR ANY WEEK OF YOUR CHOOSING:

RSVP BY FRIDAY, FEBRUARY 10 FOR THE FEBRUARY 15 SESSION

RSVP BY FRIDAY, FEBRUARY 17 FOR THE FEBRUARY 22 SESSION

RSVP BY FRIDAY, FEBRUARY 24 FOR THE MARCH 1 SESSION

RSVP BY FRIDAY, MARCH 3 FOR THE MARCH 8 SESSION

FOR QUESTIONS OR FOR MORE INFORMATION ON THIS LUNCH AND LEARN SEMINAR,
PLEASE CALL NICOLE AT 443-849-8251 OR
EMAIL GS_GRIEF@GILCHRISTSERVICES.ORG

SEE REVERSE SIDE FOR DIRECTIONS



DIRECTIONS TO HUNT VALLEY

FROM 695, TAKE 83 NORTH
EXIT SHAWAN ROAD (EAST) EXIT 20A

THE FIRST TRAFFIC LIGHT IS MCCORMICK ROAD (MAKE A RIGHT)
SECOND DRIVEWAY ON THE LEFT IS OUR BUILDING (ONE HUNT VALLEY)
WE ARE IN A TAN, 5-STORY BUILDING WITH THE LETTERS "PSA" ON THE
FRONT OF THE BUILDING.

GILCHRIST HOSPICE CARE
ONE HUNT VALLEY
11311 MCCORMICK ROAD – SUITE 350
HUNT VALLEY, MD 21031

(443) 849-8251



**GOODBYES
ARE NOT FOREVER.
GOODBYES
ARE NOT THE END.
THEY SIMPLY MEAN
I'LL MISS YOU,
UNTIL WE
MEET AGAIN!**