



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 for whom you were the family/friend primary caregiver, please join us.

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

**Includes: all activity supplies, self-care items, and all meals*

Date/Time: Friday, September 29, 2023, 4:00pm - Sunday, October 1, 2023, 2:00pm

Location: The Claggett Center, 3025 Buckeystown Pike, Adamstown, MD 21710

Eligibility:

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

Response from a previous retreat attendee:

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

Registration required. Space is limited.

For more information or to register, contact **Anne Baker** at
301-509-2734 or **anneb@caringmatters.org**.

Thank you to our funding partners, Colleen and Ron Luzier