



## 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 have the opportunity to:**

- Connect with others to share their caregiving experiences
- Practice self-care and relaxation
- Commemorate their loved one
- Learn strategies to refocus their life now that the caregiving role has ended

The retreat program and lodging are offered free of charge. The only fee is \$100 to help cover the cost of meals. No one will be denied attendance for inability to pay. For information about scholarships, contact Amy Bayersdorfer, [amyb@caringmatters.org](mailto:amyb@caringmatters.org).

**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 given me 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](mailto:anneb@caringmatters.org)

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