



## 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

*The retreat is offered free of charge, including all activity supplies, self-care items, and meals*

**Date/Time:** Friday, September 13, 2024, 4:00pm - Sunday, September 15, 2024, 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 gave me a sense of hope and opportunity."*

Registration required. Space is Limited.

For more information or to register, contact **Brandon Brewer** at 301-869-4673, ext. 107 or [brandonb@caringmatters.org](mailto:brandonb@caringmatters.org).

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