Prince George’s County

**General Grief Support Group**

As you grieve the death of a loved one, a wide variety of feelings and emotions come to the surface. The waves of grief can catch you off guard and leave you feeling overwhelmed. This general grief support group provides a safe space to share your story and gain support from others who have experienced a similar loss.

**Group Type:** Drop-In  
**Participant Age:** Adult  
**Location:** Doctors Community Hospital, 8118 Good Luck Road, Lanham, MD 20706, Second floor CCU/Conference Room  
**Date/Time:** Monday's, January 13, February 10, March 9, 2020; 11:00-12:30 PM  
**Counselor:** Teyawanda Booker, LCSW-C; 301-808-5667; tbooker@capitalcaring.org  

Loss of Spouse or Life Partner

The death of a spouse can be devastating and riddled with overwhelming emotions and changes. This support group provides a safe space to share your story and gain support from others who have experienced a similar loss.

**Group Type:** Drop-In  
**Participant Age:** Adult  
**Location:** Capital Caring Health, 1801 McCormick Drive, Suite 180, Largo, MD 20774  
**Date/Time:** Tuesday's, January 21, February 18, March 17 2020; 10:00-11:30 AM  
**Counselor:** Paulette Davidson, M.Div.; 301-883-0866; pdavidson@capitalcaring.org  

No registration required.

Montgomery County

**General Grief Support**

Grieving the death of a loved one can be emotionally overwhelming at times, and at times very lonely. This general grief support group provides a safe space to share your story and gain support from others who have experienced a similar loss. It is a time and place for those suffering the loss of a loved one in the past one to twelve months to find support and strength.

**Group Type:** Drop-In  
**Participant Age:** Adult  
**Location:** Two Democracy Plaza, 6707 Democracy Blvd., Bethesda, MD 20817, Suite 140  
**Date/Time:** The third Tuesday of January, February, and March, 10:30 to Noon. January 21, February 18, March 17  
**Counselor:** Bob Uhrig, MA 703-489-6125; ruhrig@capitalcaring.org  

No registration required.