Dear Family,

Dealing with a death of a loved one is very hard, and everyone feels grief differently. Regardless of whether the death was expected or sudden, it can be a time of great confusion and sadness.

Some of us have had the chance and resources to care for our loved ones at home before their death. Some of us face death with our friends and families in an unfamiliar place filled with strangers. There are some of us though who face it alone, with nowhere to turn and not knowing where to begin.

The staff at UM Upper Chesapeake Health has put together this brochure to help you during your time of loss. Please feel free to call our Spiritual Care Advisors at 443-643-1375 if you are in need of bereavement assistance. In the weeks and months to come, you will be hearing from our staff. The phone calls and notes you will receive are simple reminders that we are here to help.

With our Deepest Sympathy, UM Upper Chesapeake Health





520 Upper Chesapeake Drive Bel Air, Maryland 21014





umuch.org

FUNERAL HOMES

Brown William C. Community Funeral Home	410-728-8422
Bruzdzinski Funeral Home (Essex)	410-686-4888
Connelly Funeral Home of Dundalk	410-285-2900
Connelly Funeral Home of Essex	410-687-7100
Cvach-Rosedale Funeral Home	410-682-2467
Evans Funeral Chapel (Bel Air)	410-893-7575
Harkins Funeral Home Inc. (Delta, PA)	800-550-5915
Hartley Miller Funeral Home	410-444-4433
Johnson Funeral Home (Towson)	410-668-2300
Kurtz Funeral Home (Jarrettsville)	410-692-6000
Lassahn EF Funeral Home (Kingsville)	410-592-6100
Lassahn Funeral Homes (7401 Harford Road)	410-665-2000
Levinson Sol & Bros Inc. (Reistertown Rd)	800-338-1701
Lisa Scott Funeral Home (Havre de Grace)	410-939-4940
McComas Funer Home (Abingdon)	410-676-4600
McComas Funeral Home (Bel Air)	410-838-4040
Miller-Stella Hartley (7527 Harford Road)	410-444-4433
Patterson Funeral Home (Perryville)	410-642-2555
Schimunek Funeral Home (9705 Bel Air Road)	410-256-3600
Schimunek Funeral Home (3331 Brehms Lane)	410-485-3500
Schimunek Funeral Home (W. MacPhail Road)	410-638-5360
Tarring-Cargo Funeral Home PA (Aberdeen)	410-272-4500
Zellman Funeral Home	410-939-2882

CREMATORIES

Cremation Society of Maryland	410-788-1800
Cremation and Funeral Alternatives	410-321-1005

BEREAVEMENT WEB/SUPPORT GROUPS

American Association of Suicidology

Resources for those grieving the death of someone by suicide www.suicidology.org 800-807-8357

Bereavement Support Group

800-515-0044

Bereavement Magazine
Resource for those dealing with all types of grief experiences www.bereavementmag.com 202-237-2280

Bereavement Services for Catholics in Maryland 301-853-4546

Cancer LifeNet Program

www.umuch.org/cancer 866-393-4355

Center for Infant & Child Loss

www.infantandchildloss.org 800-808-7473

Compassionate Friends

For parents who have lost children www.compassionatefriends.org 877-969-0010

GriefNet

Internet community to cope with grief www.griefnet.org

GrowthHouse

Award-winning website and end-of-life issues and grief www.growthhouse.org

National Hospice Organization 800-658-2266

Stella Maris Hospice

410-252-4500

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