

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



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BEREAVEMENT  
SUPPORT



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