

*Roberta's* **HOUSE**

A Family Grief Support Center



# PROGRAMS GUIDE

Quarterly Publication

## Spring 2024





# Adult PROGRAMS



## *We Care For Each Other*

All program are in-person at our Baltimore City or Prince George's County Campuses or via Zoom or video conferencing. If you have any questions, please call (410) 235-6633 or email [info@robertashouse.org](mailto:info@robertashouse.org).

## *Baltimore City*

***A Time of Sharing*** is an adult peer support group for individuals who have experienced the death of someone close. The support group helps survivors understand their grief experience and guides them through their grieving process.

### **THURSDAY DAY GROUP**

March 21, 2024 – May 23, 2024  
1:00 pm – 3:00 pm

### **THURSDAY EVENING GROUP**

March 21, 2024 – May 23, 2024  
6:30 pm – 8:30 pm

To register: Please contact Ms. Annette March-Grier by calling 410-235-6633 ext. 103 or via email at [info@robertashouse.org](mailto:info@robertashouse.org).

***Men of Loyalty & Dignity*** (M.O.L.D.) is a peer support group specifically for men. This group is designed to help men navigate their grief journey and provide them with a safe place to share their grief experiences.

### **MONDAY**

April 1, 2024 – June 3, 2024  
6:00 pm – 8:00 pm

To register, contact [info@robertashouse.org](mailto:info@robertashouse.org) or call 410-235-6633, ext. 118.

***Life After Loss*** (LAL) and ***Still A Mom*** (Mom) are ten-week support groups that support moms who have experienced a pregnancy or infant loss. Roberta's House Healing Ourselves presents each group through Peer Empowerment (HOPE) Project. The HOPE Project educates, empowers, and supports mothers who have experienced a pregnancy or infant loss. Partners are welcome to attend these sessions!

### **MONDAY**

April 22, 2024 – July 1, 2024  
Time: 6:00 pm – 8:00 pm

To register, contact [info@robertashouse.org](mailto:info@robertashouse.org) or call 410-235-6633.





**The Homicide Transformation Project** is an adult peer support group for survivors of homicide and is sponsored by the Homicide Survivor Advocacy Program.

**TUESDAY DAY GROUP**

April 10, 2024 – June 19, 2024  
10:00 am – 12:00 pm

**THURSDAY EVENING GROUP**

April 11, 2024 – June 20, 2024  
6:00 pm – 8:00 pm

**TUESDAY EVENING GROUP**

April 30, 2024 – July 2, 2024  
6:00 pm – 8:00 pm

To register: Please contact Ms. Zina L. Harris via email at [zharris@robertashouse.org](mailto:zharris@robertashouse.org) or call 410-235-6633 ext. 119.

## *Prince George's County*

**A Time of Sharing Encouraging and Reconnection** is a virtual group for past Time of Sharing participants to reconnect and share about your healing journey and how we can continue to support you.

**Starting: TBD**

**Time: TBD**

To register: Please contact us via email at [info@robertashouse.org](mailto:info@robertashouse.org) or call 410-235-6633.

**The Homicide Transformation Project** is an adult peer support group for survivors of homicide and is sponsored by the Homicide Survivor Advocacy Program. These groups are held in both Baltimore City and Prince George's County.

**Starting:** March 27, 2024 – May 28, 2024

**Time:** 6:00 pm – 8:00 pm

To register: Please contact Ms. Ruth Machado by calling 301-880-5100 or via email at [RMachodo@robertashouse.org](mailto:RMachodo@robertashouse.org).

**Un Tiempo de Compartir** es un grupo de apoyo para adultos mayores de 18 años que han experimentado la pérdida de un ser querido. El grupo de apoyo sirve de guía y apoyo a los sobrevivientes, ayudándoles a entender el proceso de duelo y ofreciendo información para ayudarles a superar el proceso de pérdida. La duración de este grupo es de 8 semanas.

Día de la semana: Lunes

**Comienzo: 25 de marzo de 2024 - 27 de mayo de 2024**

El tiempo: 6:00 pm - 8:00 pm

Para más información llame al o correo electrónico [ematienzo@robertashouse.org](mailto:ematienzo@robertashouse.org).





# Family PROGRAMS



## Baltimore City

**Families Healing Together** is a peer support group for families with children ages 5-17. The children will meet separately from the adults. The children will break into groups by age to ensure the grief support they receive will meet them in their stage of development.

### Tuesday

April 2, 2024 – June 11, 2024

6:00 pm – 8:00 pm

To register: Please contact us via email at [info@robertashouse.org](mailto:info@robertashouse.org) or call 410-235-6633.

**Rays of Hope** is a family peer support group sponsored by the Homicide Survivor Advocacy Program. This group is for families with children ages 2 - 17 who have experienced a death due to homicide.

### WEDNESDAY

April 10, 2024 – June 19, 2024

Time: 6:00 pm – 8:00 pm

To register: Please contact Ms. Zina L. Harris via email at [zinaharris@robertashouse.org](mailto:zinaharris@robertashouse.org) or call 410-235-6633 ext. 119.

## Prince George's County

**Rays of Hope** is a family peer support group sponsored by the Homicide Survivor Advocacy Program. This group is for families with children ages 2 - 17 who have experienced a death due to homicide. This program is offered in Baltimore City and Prince George's County.

### Starting: TBD

Time: TBD

To register: Please contact us via email at [info@robertashouse.org](mailto:info@robertashouse.org) or call 301-880-5100.





# Youth PROGRAMS



## Baltimore City

**Changing the Game** is a peer support group for teens ages 13-17. Our teens will meet together with our youth services team, except when there is inclement weather. The teens receive grief support and education. They also participate in fun and interactive activities like games, talent shows, and Holiday parties.

### THURSDAY

January 1 – July 25, 2024

4:00 pm - 6:00 pm

To register: Please contact Mrs. Dorenzer Thomas via email at [dthomas@robertashouse.org](mailto:dthomas@robertashouse.org) or call 410-235-6633 ext.116.

**Peer Ambassadors** are students and youth selected from various programs at Roberta's House to undergo training that will prepare them to support peers dealing with grief, loss, and trauma in hopes of creating bonds and opportunities for empathy, resilience forever, and coping.

Thursday

**Starting: TBD**

Time: TBD

To register: Please contact Mrs. Dorenzer Thomas via email at [dthomas@robertashouse.org](mailto:dthomas@robertashouse.org) or call 410-235-6633 ext. 116.



## School-based Programs



**Good Grief Workshops** are a one-hour introduction to grief and loss and address its significant impact on a student achieving academic goals. The entire class of students will receive grief support and education.

**Growing Through Loss**, Peer Support Groups are **Baltimore City** and **Prince George's County** school-based programs. Growing Through Loss is a 10-week support group for students to address grief and loss, participate in activities to teach how to express feelings, and adopt healthy coping skills.

For more information on school-based groups:

Mrs. Dorenzer Thomas via email at [dthomas@robertashouse.org](mailto:dthomas@robertashouse.org) or call 410-235-6633 ext. 116.

## Peer Ambassador Program

**Peer Ambassadors** are students and youth selected from various programs at Roberta's House to undergo training that will prepare them to support peers dealing with grief, loss, and trauma in hopes of creating bonds and opportunities for empathy, resilience forever, and coping.

For information on our Peer Ambassador Program, please call Mrs. Dorenzer Thomas via email at [dthomas@robertashouse.org](mailto:dthomas@robertashouse.org) or call 410-235-6633 ext. 116.



*"Roberta's House...helped me. And they taught me how to express my feelings...and how to get my grades up and be a better person." - Youth client*

*"I am beyond grateful that this program exists for our youth. It not only gives me hope for my son but hope for our youth as they learn to navigate life..." - Parent client*



# Community PROGRAMS



***Roberta's House Volunteer Training:*** Our volunteers support everything we do. From supporting our office staff with administrative duties to assisting with facilitating groups. We would not be able to do all that we do without the support from our volunteers.

Starting: **TBD**

Time: **TBD**

Register: <https://robertashouse.org/volunteer/>

If you have questions about Roberta's House volunteer opportunities, please contact Kelli Brooks at 410-235-6633 ext. 106 or email [kbrooks@robertashouse.org](mailto:kbrooks@robertashouse.org).

***Roberta's House Bereavement Ministry Training*** offers clergy, faith and community leaders, healthcare professionals and educators the opportunity to gain insight and information that will help strengthen their ability to assist children, adults and families grieving the loss of a loved one.

**February 2-3, 2024**

8:30 AM-4:30 PM

**June 14-15, 2024**

8:30 AM-4:30 PM

**October 11-12, 2024**

8:30 AM-4:30 PM

Register: <https://robertashouse.org/events>

If you have questions about Roberta's House Bereavement Ministry Training or have a group of more than 5 please call 410-235-6633.

**Roberta's House  
Baltimore City Campus**  
928 E North Avenue  
Baltimore, MD 21202  
(410) 235-6633

**Roberta's House  
Prince George's County Campus**  
10210 Greenbelt Road, Suite 120  
Lanham, MD 20706  
301-880-5100