

## Pregnancy or Infant Loss

The professional team at Chesapeake Life Center offers support to families who experience an unexpected pregnancy loss or the death of an infant. In addition to individual and family counseling, our team offers facilitated support groups where individuals can share and learn together.



## Professional Continuing Education

Chesapeake Life Center provides high-quality continuing education opportunities on topics such as grief, traumatic loss, end-of-life issues, strategies for coping with life transitions and ethics. Chesapeake Life Center at Hospice of the Chesapeake is an approved sponsor of the Maryland Board of Social Work Examiners for continuing education credits for licensed social workers in Maryland.



## Fees for Services

Chesapeake Life Center offers grief support to anyone grieving the loss of a loved one in our community regardless of their relationship to hospice. We utilize a sliding fee scale for our professional services, grief support groups and workshops. Hospice of the Chesapeake family members may receive short-term grief counseling and attend support groups at no charge for up to 13 months after the death of a loved one\*.

\*Please see our program schedule or call 888.501.7077 for specialty program fees. Certain groups and workshops may have a nominal fee for supplies.

To register or learn more, please contact Chesapeake Life Center at 888.501.7077 or visit [chesapeakelifecenter.org](http://chesapeakelifecenter.org).

### Anne Arundel County

John & Cathy Belcher Campus  
90 Ritchie Highway, Pasadena, MD 21122

### Prince George's County

9500 Arena Drive, Suite 250, Largo, MD 20774

Phone: 410.987.2129 Toll Free: 888.501.7077

Fax: 443.837.1539



[www.chesapeakelifecenter.org](http://www.chesapeakelifecenter.org)



Caring for life throughout the journey with illness and loss is the mission of Hospice of the Chesapeake.

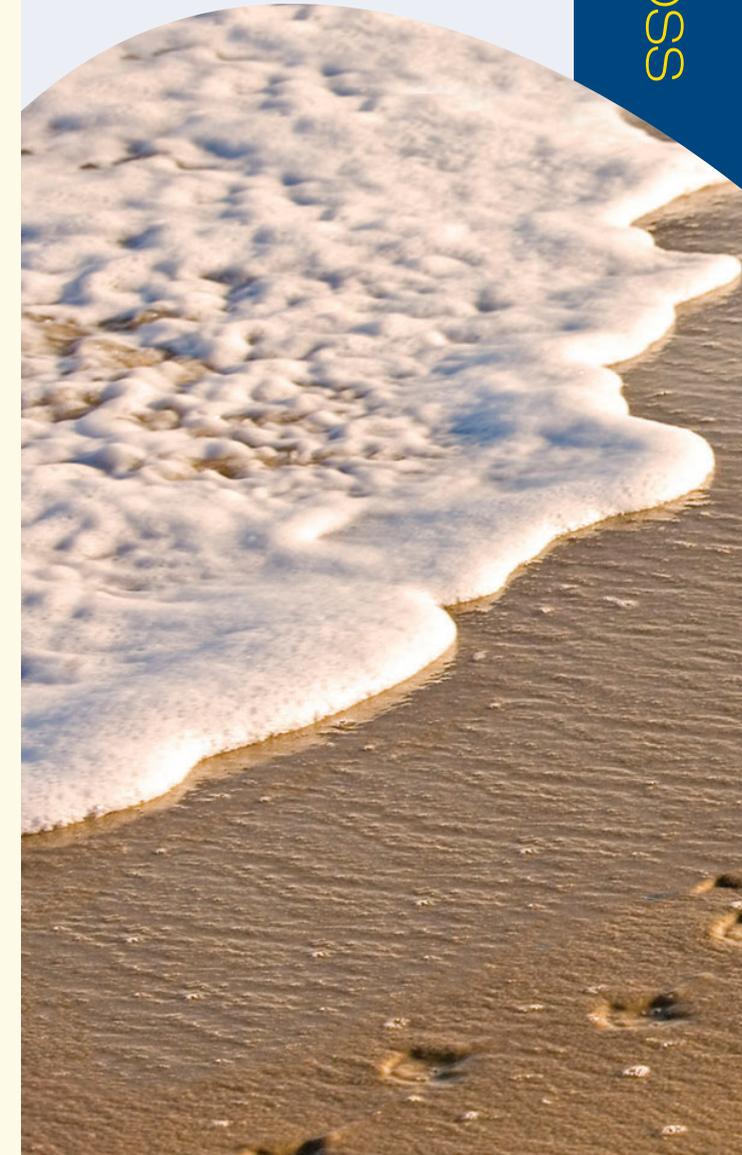
The public may contact the Joint Commission's Office of Quality Monitoring to report any concerns or register complaints about a Joint Commission-accredited health care organization by calling 1.800.994.6610 or emailing [complaint@jcaho.org](mailto:complaint@jcaho.org).

Hospice of the Chesapeake is a 501(c)(3) not-for-profit organization. A copy of our current financial statement is available upon request by contacting Hospice of the Chesapeake at 410.987.2003. For the cost of copying and postage, documents and information submitted under the State of Maryland under the Maryland Charitable Solicitations Act are available from the office of the Secretary of State, State House, Annapolis, MD 21401, 410.974.5534.

Hospice of the Chesapeake complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you need language assistance services, free of charge, they are available to you. Call 1-410-987-2003.

Hospice of the Chesapeake cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-410-987-2003.

Hospice of the Chesapeake 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-410-987-2003。



*“The final grief work, transcendence, is one of growth. It is all about finding ways to move on creatively and make meaning out of loss. However, the impact, the impression, the imprint of grief has and will continue to change your life...you will always be influenced by this loss, just as you will always be influenced by the love you shared...”*

— Ashley Davis Prend

**G**rief is a natural healthy response to a loss. While there are common elements of grief, each individual grieves at their own pace in their own way. Chesapeake Life Center provides holistic grief and trauma counseling to meet the needs of individuals, families and the community.

Our professional team is comprised of counselors specializing in grief and loss, masters-level interns and trained volunteers. Through individual and family grief counseling, support groups, community education, children’s programs, bereavement camps and professional trainings we are expanding resources to foster healing and growth for those in places of transition resulting from the death of a loved one. These services are available to our hospice families and to anyone grieving in our community.

## Counseling

Short term grief counseling offers individuals and families an opportunity to explore grief work and discover what is possible. The goals of counseling are to help reduce feelings of distress, increase personal awareness and insight, manage anxiety and explore coping strategies. Appointments are available for children, adults, couples and families.



Spiritual direction, a means of exploring one’s spirituality in greater depth, is also offered by Chesapeake Life Center. In monthly appointments, a spiritual director (or companion) meets individuals along their spiritual path. Clients are supported as they focus on spiritual practice and accessing a deep inner wisdom to provide guidance as they move through their daily lives.

## Support Groups

Facilitated support groups allow individuals to explore the grief process and coping techniques while sharing the experiences of others in an environment of trust. Chesapeake Life Center offers various support groups, such as loss of life partner/spouse, child loss, and suicide grievers. Groups meet for 6 to 8 consecutive weeks or as a monthly drop-in group. Registration is required for all groups.

## Educational Workshops and Seminars

Chesapeake Life Center hosts various grief workshops and seminars throughout the year to provide an overview of grief, grieving styles and coping strategies.

These include:

- Hope Full Holidays,
- Understanding Grief,
- Helping Grieving Children and Families, and
- Pet Loss.

Our trained staff also provides consultation and professional presentations to local businesses, schools and community organizations.



## For Children and Families

The death of a loved one impacts everyone in the family, including children and teens. The Chesapeake Life Center team of child and family counselors is here to provide support and answer questions that arise during the grief journey. Our services include individual and family counseling, support groups for children and teens, and weekend bereavement camps.

## Stepping Stones

This monthly support is for children ages 6 – 13 who are grieving the death of a loved one. Group members explore the grief process as they heal together through shared experience, guided discussion, and arts and crafts projects.

## Phoenix Rising Teens Group

This monthly support group allows teens a safe place to connect with others who are also grieving the death of a loved one.

## Camps

Camp Nabi and Phoenix Rising welcome children and teens who are grieving the death of a loved one. Held at Arlington Echo Outdoor Education Center over an August weekend participants can expect to:

- share feelings and memories in a safe, accepting environment;
- discover that they are not alone;
- learn about the grief process;
- explore coping strategies; and
- make new friends and have fun.

For a full listing of support groups and offerings please visit us at [chesapeakelifecenter.org](http://chesapeakelifecenter.org) or call 888.501.7077.