Living With Loss

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.

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.

**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.

To register or learn more, please contact Chesapeake Life Center at 888.501.7077 or visit chesapeakelifecenter.org.

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.
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.

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 or call 888.501.7077.