

**FOR IMMEDIATE RELEASE**

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**Chesapeake Life Center announces 2017 Prince George's County grief support groups**

**(LARGO, MD, DECEMBER 13, 2016)** — Chesapeake Life Center is offering several grief support groups this winter and spring through its Prince George's County office at 9500 Arena Drive, Suite 250, Largo, MD.

- **Coffee and Conversations** is a morning grief support group facilitated by grief counselors in our Largo office. This informal gathering provides a safe place for sharing and learning about grief while exploring coping strategies. The group meets from 10 to 11:30 a.m. on Thursdays, Feb. 9, March 9, April 13 and June 8.
- **Evening Grief Support Group** is similar in format to the morning group. This monthly evening session primarily for career-aged adults grieving the loss of a loved one meets in our Largo office from 6 to 7:30 p.m. on the fourth Thursday of the month beginning Jan. 26 through June 22.
- **Grief Out Loud** is a support group for children ages 6 to 13 who are grieving the loss of a loved one. Youth can explore feelings of grief and heal through shared experience, guided discussion and facilitated activities. The group meets in our Largo office from 10 a.m. to noon Saturdays, Jan. 14, March 11 and May 13. The cost is \$10 per child; maximum \$20 per family.
- **SoulCollage® Grief Support Group** meets from 5 to 7:30 p.m. Mondays, March 6, April 3, May 1 and June 5 at Church of the Redeemer, 7300 Race Track Road, in Bowie. Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process. The cost is \$10.

Registration is required and can be completed by calling 301-560-3812 or visiting

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

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**Chesapeake Life Center**, a program service of Hospice of the Chesapeake, serves hospice family members and the community with bereavement services and activities aimed at enhancing the quality of life for those grieving the loss of a loved one.