FOR IMMEDIATE RELEASE
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CHESAPEAKE LIFE CENTER ANNOUNCES
2016 GRIEF SUPPORT GROUPS FOR FALL IN ANNE ARUNDEL COUNTY

(Pasadena, MD, July 18, 2016) — Chesapeake Life Center will offer a variety of grief support groups through the end of this year on the John & Cathy Belcher Campus at 90 Ritchie Highway, Pasadena.

- **Morning Grief Support Group** is a facilitated six-week support group offering an opportunity to share with others while exploring coping strategies. The group will meet from 10 to 11:30 a.m. Tuesdays, Sept. 27 to Nov. 1.

- **Evening Grief Support Group** offers attendees an opportunity to explore grief themes and share strategies for healing within a community of trust. The group will meet from 6 to 7:30 p.m. Thursdays, Sept. 29 to Nov. 3.

- **Child Loss Support Group** for parents experiencing the loss of a child of any age meets from 10 a.m. to noon on Saturdays, Sept. 10, Oct. 1, Nov. 5 and Dec. 3.

- **Loss of Life Partner/Spouse** monthly evening group for grieving career-aged individuals meets from 6:30 to 8 p.m. on Wednesdays, Sept. 21, Oct. 19, Nov. 16 and Dec. 14. Please call 410-987-2129 for childcare availability.

- **Supper for Siblings** is a sibling loss group that explores the impact of moving forward in life without your sibling. It will meet from 6 to 7:30 p.m. Wednesday, Sept. 21. Light supper is provided. The cost is $10.

- **Suicide Grievers** is for those grieving the death of a loved one by suicide. The group meets Tuesdays evenings, July 12, Sept. 13, Oct. 11, Nov. 8 and Dec. 13. Call 410-987-2129 for times and to speak with a counselor prior to attending your first meeting.

- **Together…Silent No More** is a monthly support group for those grieving a loss due to substance abuse. It meets from 6 to 7:30 p.m. Mondays, July 18, Sept. 19, Oct. 17, Nov. 21 and Dec. 19.

Registration is required and can be completed by calling 888-501-7077 or by visiting 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. For more information on Chesapeake Life Center programs, call 410-987-2129 or visit www.chesapeakelifecenter.org.