

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 Grievors** 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.