BELCHER INSTITUTE BRINGS COURAGEOUS CONVERSATIONS SERIES TO CAMP SPRINGS SENIOR CENTER

(LARGO, MD, August 5, 2016) — The community is invited to attend two sessions of the Courageous Conversations series this fall at the Prince George’s County Camp Springs Senior Activities Center, 6420 Allentown Road, Temple Hills, MD.

The free series is an initiative of The John & Cathy Belcher Institute for Complex Illness Care, which Hospice of the Chesapeake seeks to make a national leader in positive and transformational change in the fields of advanced complex illness and end-of-life care.

Courageous Conversations is designed to share information, provide helpful tools and provoke thought for families facing the prospect of difficult choices and conversations around end of life issues. Each session will be facilitated by Hospice of the Chesapeake professionals.

- **Growing Through Grief: What the Sacred Sorrow of Grief Can Teach Us** – 10 to 11:30 a.m., *Thursday, Oct. 6*: What is “normal” grieving? How do we give and receive help? This session will be presented by Bereavement Coordinator and Counselor Roberta Rook, MA, LCPC.

- **The Best Ending Ever: Having the Conversation** – 10 to 11:30 a.m., *Thursday, Nov. 3*: Learn how to start important family conversations about planning for the end of life, as presented by Professional Liaison Nurse, Karen Bryant, RN, CHPN.

Registration is not required, however, seating is limited. For details, contact Laurie Harrison, Director of the Belcher Institute, at 410-987-2129, Ext. 1278, or lharrison@hospicechesapeake.org.

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Caring for life throughout the journey with illness and loss is the mission of Hospice of the Chesapeake. For more information, please visit [www.hospicechesapeake.org](http://www.hospicechesapeake.org).