

Specialty Programs

For Those Facing an Unexpected Pregnancy Diagnosis or Loss

The professional team at Chesapeake Life Center offers support to families who have received or recently experienced an unexpected pregnancy diagnosis or loss. In addition to individual and family counseling, our team offers facilitated support groups where individuals can share and learn together.

To request a perinatal brochure and learn more about our support groups please call 888.501.7077.

For Those Living With Advanced Illness

Living & Learning For Those Living With Advanced Cancer

Living with advanced cancer presents many challenges. Physical and emotional well-being may vary widely from day to day. **Living and Learning** is a support group that provides a blend of teaching and group sharing to explore the emotional impact of living with advanced cancer. Topics include:

- Staying calm amidst often confusing, stressful and overwhelming circumstances;
- exploring when and what feelings to share;
- balancing your needs with those of the people around you; and
- learning how to accept help, hold hope and find meaning in each day.



Fees for Services

For Hospice of the Chesapeake Family Members

Support groups and short term counseling are offered to Hospice of the Chesapeake family members at no charge for up to 13 months after the death of their loved one. Complementary therapies, such as Healing Touch and Reiki are also available at no charge unless the family member is receiving individual counseling. Certain groups and workshops may have a nominal fee for supplies that will be listed on the program schedule.

For Our Community

- The initial counseling visit of one hour is \$50; subsequent sessions determined using a sliding scale
- Six-week support groups are \$60
- Eight-week support groups are \$80
- Drop-in groups are \$10/session unless otherwise stated on the program schedule
- Specialty programs require a \$10 supply fee

To register or learn more, please contact Chesapeake Life Center at 410.987.2129.

Anne Arundel County

90 Ritchie Highway, Pasadena, MD 21122
Phone: 410.987.2129 Toll-free: 800.745.6132
Fax: 443.837.1539

Prince George's County

9500 Arena Drive, Suite 250, Largo, MD 20774
Toll Free: 888.501.7077



www.chesapeakelifecenter.org



Chesapeake Life Center, a program service of Hospice of the Chesapeake, serves hospice family members as well as provides the community at large with bereavement services, and offers activities aimed at enhancing the quality of life for members of our service population.

The public may contact the Joint Commission's Office of Quality Monitoring to report any concerns or register complaints about a Joint Commission Accredited health care organization by emailing complaint@jointcommission.org.

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.



“The final grief work, transcendence, is one of growth. It is all about finding ways to move on creatively and make meaning out of loss. However, the impact, the impression, the imprint of grief has and will continue to change your life...you will always be influenced by this loss, just as you will always be influenced by the love you shared...”

— Ashley Davis Prend

Grief is a natural healthy response to a loss. While there are common elements of grief, each individual grieves at their own pace in their own way. Chesapeake Life Center provides holistic grief and trauma counseling to meet the needs of individuals, families and the community. We also offer compassionate care and support to individuals and families whose lives are affected by advanced illness. Our professional team is comprised of counselors specializing in grief and loss, complementary therapists, professional students and trained volunteers.



Counseling

Short term grief counseling offers individuals and families grieving a loss an opportunity to explore grief work and discover what is possible. The goals of counseling are to help the client reduce feelings of distress, increase personal awareness and insight, manage anxiety and explore coping strategies. Appointments are available for children, adults, couples and families.

Spiritual direction, a means of exploring one's spirituality in greater depth, is also offered by Chesapeake Life Center. In monthly appointments, a spiritual director (or companion) meets individuals along their spiritual path. Clients are supported as they focus on spiritual practice and accessing a deep inner wisdom to provide guidance as they move through their daily lives.

Complementary Therapies

Healing Touch and Reiki are energy based techniques that utilize gentle touch to clear, energize and balance the human energy fields to promote physical, emotional, mental and spiritual well-being. They are offered as an effective complement to counseling or as a stand-alone intervention to cope with grief.

Support Groups

Facilitated support groups enable 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 widow/widower, 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.

They include:

- Hope Full Holidays;
- Helping Grieving Children and Families; and
- Pet Loss.

To register or learn more about our specific support groups, seminars and workshops, please contact us for a program schedule or visit us online at chesapeakelifecenter.org



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, a children's support group named *Stepping Stones*, and camps.

Stepping Stones

This support group is for children ages 6 – 14 who are grieving the death of a loved one. Group members explore the grief process as they heal together through shared experience, guided discussion, recreated memories, and arts and crafts projects. There is a parents support group that meets at the same time designed to provide emotional and social support for parents who are themselves grieving while simultaneously caring for their grieving children.

Camps

Camp Nabi and Phoenix Rising welcome children and adolescents 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.