

Grief Support and Education PASADENA OFFICE



January-June 2018

Morning Grief Support Group

A facilitated six-week support group offering an opportunity to share with others while exploring coping strategies.

Thursdays: 10 - 11:30 a.m.

January 18-February 22

&

March 15-April 19



Evening Grief Support Group

A facilitated six-week support group offering attendees an opportunity to explore grief themes and share strategies for healing within a community of trust.

Thursdays: 6 - 7:30 p.m.

January 18-February 22

&

March 15-April 19

Child Loss Support Group

This monthly support group seeks to provide gentle emotional and social support to parents grieving the death of a son or daughter, regardless of age or circumstance.

Saturdays

January 6, February 3, March 3,

April 7, May 5 & June 2

(Call for times and to speak with a counselor prior to first meeting.)

Loss of Life Partner/Spouse Monthly Evening Group

For career-aged individuals grieving spouse or non-married life partners. Please call for childcare availability.

Wednesdays: 6:30 - 8 p.m.

January 17, February 21, March 21,

April 18, May 16 & June 20

Suicide Grievers

For those grieving the death of a loved one by suicide. Call for times and to speak with a counselor prior to first meeting.

Tuesday evenings

January 9, February 13, March 13,

April 10, May 8 & June 12

Together... Silent No More

A support group for those grieving a loss due to substance abuse. Call for times and to speak with a counselor prior to first meeting.

Monday Evenings

January 15, February 19, March 19,

April 16, May 21 & June 18

Gone Too Soon (young adults 18-24 years)

Whether the loss is recent or long passed, join us for an informal gathering for connection, coffee, and conversation.

Starbucks

503 Ritchie Hwy Pasadena MD

Please call for dates and times

SERVICES PROVIDED

- Short-term Grief Counseling
- Grief Support Groups
- Educational Workshops

ANNE ARUNDEL COUNTY

John & Cathy Belcher Campus
90 Ritchie Highway
Pasadena, MD 21122

PRINCE GEORGE'S COUNTY

9500 Medical Center Drive
Suite 250
Largo, MD 20774

REGISTRATION REQUIRED

888.501.7077

griefinfo@chesapeakelifecenter.org

**PRE-REGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.

Grief Support and Education

LARGO OFFICE



January-June 2018

Coffee and Conversations Monthly Morning Grief Support

This gathering is designed to create a safe place for sharing and learning about grief. We will discuss common grief themes and explore coping strategies to support you on your grief journey.

Thursdays ~ 10 - 11:30 a.m.
January 11, February 8, March 8,
April 12, May 10 & June 14



Monthly Evening Grief Support

Similar in format to our morning group, this evening session allows adults grieving the loss of a loved one to share and learn grief themes.

Thursdays: 6 - 7:30 p.m.
January 25, February 22, March 22,
April 26, May 24 & June 28



SERVICES PROVIDED

- Short-term Grief Counseling
- Grief Support Groups
- Educational Workshops

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SoulCollage®Grief Support Group

Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process. Cost is \$10. This group meets at the Church of the Redeemer in Bowie.

Mondays: 5 - 7:30 p.m.
January 8, February 5, March 5,
April 2, May 7 & June 4

Church of the Redeemer
7300 Race Track Road
Bowie, Maryland



**PRE-REGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.

Grief Support and Education CHILDREN AND TEENS



January-June 2018

Stepping Stones (ages 6–13 years)

Children will play games together, participate in a grief-related story time, and make crafts to commemorate their loved one, all while getting to know other children who can relate to their experiences of loss and grief. Cost is \$10, maximum \$20 for family. Breakfast provided.

Pasadena Office

Saturdays: 10 a.m. - Noon

**January 6, February 3, March 3,
April 7, May 5 & June 2**

**PRE-REGISTRATION
REQUIRED**



Phoenix Rising Teens (13–18 years)

Monthly support group for teens to connect with others who are also grieving the death of a loved one. Cost is \$10/teen, maximum \$20 for family. Meal provided.

Pasadena Office

Wednesdays: 6:30 - 8 p.m.

**January 17, February 21, March
21, April 18, May 16 & June 20**

CAMP NABI AND CAMP PHOENIX RISING ~DATES COMING SOON~

For one weekend each August, Chesapeake Life Center staff and trained volunteers give grieving children and teens the gift of hope and healing. By attending camp, children and teens learn that they are not alone and, if willing, can share their stories in a safe environment while enjoying fun camp activities, such as swimming, canoeing and other outdoor activities. Lodging, meals, snacks and activities are included in the one-time registration fee of \$100. (Need-based scholarships are available.)

Visit chesapeakelifecenter.org to view camp videos and download application. You may also call 888.501.7077 for more information and to request an application.

FEES FOR SERVICE

Chesapeake life Center offers grief support to the entire community.

Support Groups and short term counseling (up to 10 sessions) are offered to Hospice of the Chesapeake family members at no charge for up to 13 months after the death of their loved one. Specialty program fees are as noted in the program schedule.

For Our Community

- Initial counseling visit of one hour is \$60; subsequent sessions determined using sliding scale.
- Six-week support groups, \$60
- Monthly groups, \$10 per session attended
- Specialty program fees noted in this program schedule

**PRE-REGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.

Laura Oliver Journaling Workshop

Your Brain on Story!

When loss writes a new chapter into our lives, we can further lose the thread of the positive, powerful tale of who we are, and who we meant to be.

Words have power. Literally. It's a brain thing! Come learn facts about the way the brain responds to words & how words build story. Why? Because story changes everything! Story can change a life from the inside out.

This goal oriented, action-oriented workshop teaches practical ways to use the power of story to let go of the past, transform the way you interact with the world, and to draw positive changes & experiences toward you.

Adult Workshop

Changing a life from within: it's not magic, it's mind.

Saturday, February 24, 2018
9:30 a.m.-12:00 p.m.
90 Ritchie Hwy
Pasadena, MD
Fee: \$25.00

Teen Workshop

Let what wants to go, go. Let what wants to come, come.

Saturday, March 10, 2018
10:00 a.m.-12:00 p.m.
90 Ritchie Hwy
Pasadena, MD
Free of charge

Laura Oliver is the award-winning author of "The Story Within". Oliver received her MFA from Bennington College & was an adjunct creative writing professor at the University of MD. She taught writing workshops at St. John's College.

RSVP Required: Please call (410) 987-2129



Pet Loss Workshop

Sunday, February 25, 2018

1:00-3:00 p.m.

Dogwood Acres Pet Retreat
439 W Central Ave, Davidsonville, MD 21035

This small group workshop includes a welcome, a time to share individual stories, an introduction to the grief process, an art activity to honor the beloved pet, brainstorming and suggestions for healthy coping.

Please R.S.V.P. to Erin at
ebogan@dogwoodacres.com or call 410.798.4776

Mothers Day Tea

Thursday, May 10, 2018

6:00 —7:30 p.m.

90 Ritchie Highway
Pasadena MD

We invite you to a special reflective and healing gathering for women and girls (ages 12 and up) grieving the loss of a mother or grandmother.

Fee: \$10

RSVP Required: Please call (410) 987-2129



Chesapeake Life Center offers grief support to anyone grieving the loss of a loved one in our community regardless of their relationship to hospice or the type of loss. We recognize that the experience of loss is different and unique for each person.

Please visit chesapeakelifecenter.org for more information.