FOR IMMEDIATE RELEASE
Contact:  Elyzabeth Marcussen, 443-837-1559
emarcussen@hospicechesapeake.org

Chesapeake Life Center’s Prince George’s grief support schedule through June 2018

(LARGO MD, Dec. 14, 2017) — Chesapeake Life Center will offer a variety of grief support groups January through June 2018 through its Prince George’s County office at 9500 Medical Center Drive, Suite 250, Largo. Pre-registration is required for all groups and must be completed before attending by calling 888-501-7077 or emailing griefinfo@chesapeakelifecenter.org.

- **Coffee and Conversations Monthly Morning Grief Support Group** is an informal gathering that provides a safe place for sharing and learning about grief while exploring coping strategies. The group will meet from 10 to 11:30 a.m. on the second Thursday of the month Jan. 11, Feb. 8, March 8, April 12, May 10 and June 14.

- **Monthly Evening Grief Support Group** is similar in format to the morning group and meets from 6 to 7:30 p.m. on the fourth Thursday of the month, Jan. 25, Feb. 22, March 22, April 26, May 24 and June 28.

Another group that meets off site is **SoulCollage Grief Support Group**. In this group, participants create a series of collages to commemorate lost loved ones and to visually journal the grief process. It will meet from 5 to 7:30 p.m. Mondays Jan. 8, Feb. 5, March 5, April 2, May and June 4 at Church of the Redeemer, 7300 Race Track Road, in Bowie. The cost is $10.

###

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 details, visit www.chesapeakelifecenter.org.