

FOR IMMEDIATE RELEASE

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Two creative workshops for grieving tweens and teens

(PASADENA, MD, February 7, 2018) — On any given day, kids in middle school and high school already deal with social and emotional challenges that would stymie many adults. Helping them cope with the loss of a loved one requires creative approaches that appeal to their need for acceptance when expressing their fears, hopes and grief.

This March, Chesapeake Life Center will offer two workshops specifically designed for this age group: “The Healing Book Tween Grief Workshop” and “Your Brain on Story! Using the Power of Words to Transform Grief.” Both workshops will be held on the John & Cathy Belcher Campus, 90 Ritchie Highway, Pasadena, Maryland.

The tween grief workshop is an opportunity for youth ages 10 to 13 to share with peers while creating a personalized book honoring their lost loved one. It will be held from 9 a.m. to noon, Friday, March 2, which is a day when Anne Arundel County Public Schools are closed to students. The morning will include breakfast and sharing before working on creating a personal copy of “The Healing Book: Facing the Death – and Celebrating the Life -- of Someone You Love.”

The cost to participate is \$15, which includes the book and breakfast. Participants are asked to bring with them one or more photos of the person they are honoring. Registration is required by Feb. 23 and can be completed by calling 888-501-7077 or emailing griefinfo@chesapeakelifecenter.org

The teen workshop will be facilitated by award-winning author Laura Oliver from 10 a.m. to noon Saturday, March 10. “Your Brain on Story! Using the Power of Words to Transform Grief” will explore the power that story and words have in helping those whose life stories have been interrupted by loss write a new chapter evoking hope and well-being. Oliver will share techniques for manifesting change based upon research about the way the brain responds to words. “Changing a life from within is not magic, it’s mind,” she said. “It is a brain thing. Literally.”

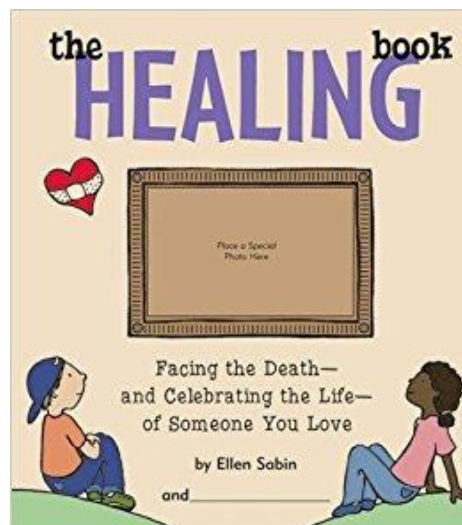
This workshop is open to ages 13 to 18 and is free to attend. But registration is still required. To register for the teen workshop, click here: <https://www.hospicechesapeake.org/event/laura-oliver-writing-workshop-2/>.

Author of “The Story Within,” Oliver’s short stories and essays have appeared in numerous regional and national publications. She has a Master of Fine Arts degree in creative writing and literature from Bennington College and has taught writing at the University of Maryland and St. John’s College. Learn more about Oliver at www.thestorywithin.com.

For details on “The Healing Book,” visit www.wateringcanpress.com/html/healingbook.html.



Author and writing instructor Laura Oliver. Courtesy photo



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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 details, visit www.chesapeakelifecenter.org.