

Grief Support and Education PASADENA OFFICE



April-June 2018

Morning Grief Support Group

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

Thursdays: 10 - 11:30 a.m.

June 7-June 28

***Registration closes 1 week before start of this group**

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

April 7, May 5 & June 2

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

New Offering

Loss of Life Partner/Spouse Monthly Morning Group

For individuals grieving spouse or non-married life partners.

Wednesdays: 10:30 a.m. - 12 p.m.

April 18, May 16 & June 20

Loss of Life Partner/Spouse Monthly Evening Group

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

Wednesdays: 6:30 - 8 p.m.

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

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

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

Our groups, workshops & events are cancelled when Anne Arundel County Schools are closed due to a weather event.

**PRE-REGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.

Grief Support and Education

LARGO OFFICE



April-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.

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.

April 26, May 24 & June 28

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.

April 2, May 7 & June 4

Church of the Redeemer

7300 Race Track Road
Bowie, Maryland



Grief goes to the Movies



June 27, 2018

6:00-8:30 p.m.

No Charge

**9500 Medical Center Drive
Largo, MD**

Bring the family & come for dinner & a movie. Together we will explore grief themes found in popular children's movies

RSVP Required: Please call (410) 987-2129

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- Grief Support Groups
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Grief Support and Education CHILDREN AND TEENS



April-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

April 7, May 5 & June 2

**PRE-REGISTRATION
REQUIRED**

Phoenix Rising Teens (13–18 years) Pasadena Office

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.

Wednesdays: 6:30 - 8 p.m.

April 18, May 16 & June 20



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

Calling all Teens!

Rhythmic Expression—Drumming Through Your Grief May 5-10:30 a.m.-2:00 p.m.

Have you ever struggled to express yourself using words? Felt completely alone in your grief, like no one gets you? You are not alone. Musician & drummer, Josh Robinson, has presented his unique workshops, **Language of Drumming**, around the country. Participants make their own drums.

We all have a unique beat!

90 Ritchie Highway
Pasadena, MD

Free of Charge
~Lunch will be provided~

RSVP Required: Please call
(410)987-2129

CAMP NABI AND CAMP PHOENIX RISING AUGUST 10-12, 2018

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.

**PRE-REGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.

Grief Goes to the Movies



May 18, June 22 & July 20
6:00-8:30 p.m.

Bring the family & come for dinner & a movie.
Together we will explore grief themes found in
popular children's movies

90 Ritchie Highway
Pasadena MD Free of charge

RSVP Required: Please call (410) 987-2129

**Loss of Life Partner/Spouse
4 Week Support Group**

**Wednesdays, July 11-August 1, 2018
10:30 a.m.-12:00 p.m.**

90 Ritchie Highway
Pasadena MD

For individuals grieving a spouse or non-married life
partner. A facilitated four-week support group offering
attendees an opportunity to explore grief themes and
share strategies for healing within a community of trust.

Registration Required: Please call (410)987-2129

Summer Book Group

**June 29 – Book Choice-Option B
July 27 - Book Choice—TBA
August 31—Book Choice—TBA
10:00-11:30 a.m.**

90 Ritchie Highway
Pasadena MD Free of charge

Join us for conversations about where grief meets life in
literature. Each month this summer we will explore grief
narratives through the lens of various authors.

If interested please call (410) 987-2129 to register and
get the monthly book choices.



Pet Loss Workshop

Sunday, June 3, 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 introduc-
tion 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.