

**FOR IMMEDIATE RELEASE**

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**Noted Annapolis counselor shares importance of playing outside to help grieving children**

(PASADENA, MD, May 7, 2018) — Lecture-goers were invited to share memories of touching heaven when swinging and making mud pies in an interactive presentation focused on the wellbeing of children during “Beyond the Woods: Childhood Grief, Spirituality and Nature Therapy,” the 13<sup>th</sup> annual Emily Schindler Memorial Lecture.

Nearly 90 people, many of whom are clinical professionals, attended the lecture hosted by Chesapeake Life Center and held May 2 at Johns Hopkins Asthma & Allergy Center in Baltimore. The featured speaker, Dr. Cheryl Fisher of Annapolis, is a licensed clinical professional counselor, national certified counselor and counselor-educator with 30 years of clinical and educational experience with individuals, families and children. Sharing moments from case studies as well as with her own grandchild, she explored how children experience loss at different stages in development and how a mindful approach to time spent in nature can promote healing and overall wellness.

The lecture was created in 2005 through a gift to the Schindler family from the Saint Agnes Cancer Center. Emily Schindler was an 18-year-old freshman at Frostburg State University and a member of the SPY swim team in Severna Park, Maryland, when she was tragically killed in a car accident in 2004.

A program service of Hospice of the Chesapeake, Chesapeake Life Center 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](http://www.chesapeakelifecenter.org).

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All photos were taken May 2, at Johns Hopkins Asthma & Allergy Center, by Elyzabeth Marcussen, Hospice of the Chesapeake. High resolution photos available upon request.



Carol Fritz, a Chesapeake Life Center volunteer who has been a Big Buddy at the center's summer bereavement camps for many years, was happy to help and also learn the role nature can play in helping children cope with loss.



Pictured from left at the Richard A. Grossi Auditorium are Emily Schindler's parents, Charles and Jane Schindler; licensed clinical social worker Susan Coale, Director of the Chesapeake Life Center; and presenter, Dr. Cheryl Fisher.



Dr. Cheryl Fisher presents her lecture, "Beyond the Woods: Childhood Grief, Spirituality and Nature Therapy," to 87 professionals, including social workers, therapists and counselors.



Volunteer Denise Brown and Chesapeake Life Center Program Coordinator Jen Caughron are ready to greet participants at registration.

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