

Grief Support and Education PASADENA OFFICE



September-December 2018

Morning & Evening Grief Support Group
A facilitated Six-week support group offering attendees an opportunity to explore grief themes and share strategies for healing with-in a community of trust.

Registration closes 1 week before start of this group

Morning Group
Mondays: 10 - 11:30 a.m.
October 22-November 26

Evening Group
Thursdays: 6:30-8:00 PM
September 27-November 1



Child Loss Monthly 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
September 8, October 6, November 10 & December 1

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

SERVICES PROVIDED

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

Loss of Life Partner/Spouse Monthly Morning Group

For career-aged individuals grieving spouse or non-married life partners.

Wednesdays:
September 19, October 17, November 28 & December 19
Morning: 10:30-12:00 p.m.

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

Loss of Life Partner/Spouse Monthly Evening Group

For career-aged individuals grieving spouse or non-married life partners.

Wednesdays:
September 19, October 17, November 28 & December 19
Evening: 6:30-8:00 p.m.

REGISTRATION REQUIRED

888.501.7077

griefinfo@chesapeakelifecenter.org

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
September 11, October 9, November 13 & December 11

Child care is not provided. Children are not permitted in the adult groups.

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
September 17, October 15, November 19 & December 17

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

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

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

Please visit chesapeakelifecenter.org for more information.

Grief Support and Education LARGO OFFICE



September-December 2018

Coffee and Conversations Monthly Morning Grief Support

Thursdays ~ 10 - 11:30 a.m.
September 13, October 11,
November 8 & December 13

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.



Monthly Evening Grief Support

Thursdays: 6 - 7:30 p.m.
September 27, October 25,
November 29 & December 27

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.

SoulCollage® Grief Support Group

Mondays: 5 - 7:30 p.m.
September 10, October 1,
November 5 & December 3
Church of the Redeemer
7300 Race Track Road
Bowie, Maryland

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.

New Group Offering

Sudden Loss Support Group

Monday Evenings
October 15, November 19,
December 17

For those grieving the death of a loved one to: suicide, homicide, accident, undiagnosed advanced terminal illness/time of diagnosis to death less than 2 months, sudden natural causes (such as heart attack or stroke), or sudden death from a serious illness which was known about but where death was not expected (such as asthma, epilepsy).

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

Hope Full Holidays

~A Family Event~

A seminar to offer support, honor memories and explore coping strategies during the holiday season. We encourage families to attend. Ages 5 & up welcome.

Saturday, November 17, 2018

10:00 am—1:00 pm
\$15/family

RSVP Required: Please call (410) 987-2129

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

**Child care is not provided.
Children are not permitted in
the adult groups.**

**Our Largo groups, workshops &
events are cancelled when
Prince Georges 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 CHILDREN AND TEENS



September-December 2018

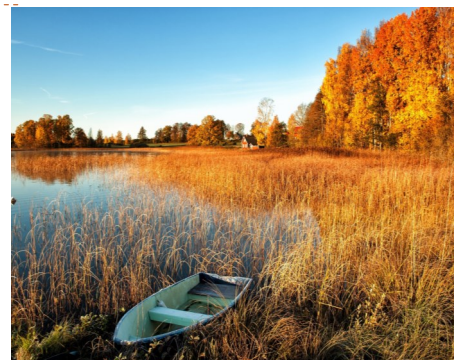
Stepping Stones (ages 6–12 years)

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
September 8, October 6,
November 10 & December 1

**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.
September 19, October 17,
November 28 & December 19

Tween Workshop

Grief is experienced differently by each age group. For Tweens (10-12 yrs. old), death is understood as final but there still are questions and lots to think about. Often it is considered embarrassing to talk about feelings, especially strong feelings like anger and guilt, and it's even more awkward to be the one who is different from our peers.

Come for honesty and encouragement, where Tweens can be themselves

November 6
10:00 a.m.-12:00 p.m.
Pasadena Office
\$10/person per group



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.

Grief goes to the Movies



October 26

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 Free of charge
Pasadena MD

RSVP Required

Parent Loss Group

4 Weeks

When a parent dies, there are often other feelings of loss. There may be the loss of a home, loss of connection with the past, loss of being "known", or the loss of the expectation that someday the relationship might have changed. The "natural order of things" often does not bring comfort. This is a 4 week group for those grieving the loss of a parent. Wherever you are in your grief process, whatever the relationship, you are welcome.

Mondays, October 22-November 12

6:00-7:30 p.m.

90 Ritchie Highway Free of Charge
Pasadena, MD 21122

RSVP Required

PET LOSS WORKSHOP

Sunday, November 11, 2018

1:00-3:00 PM

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

Fall Workshops

Parenting while Grieving

Pizza for dinner again? Can't remember the last time you were able to use the restroom without an interruption. Dating? Where do we start? Managing life, kids, and grief but not feeling like you are doing any of them like a champ. This 2- hour honest conversation is about parenting while grieving. We will share skills, strategies, and stories. No judgement. Just show up.

Sunday, October 14

2:00-4:00 p.m.

**Childcare will be available for this group*

Sibling Loss

No matter our stage of life, the death of a sibling has a deep and long-lasting impact. This informal gathering is designed for adults to explore this often unrecognized grief and how it affects one's identity.

Tuesday, October 2

6:00-7:30 p.m.

All workshops held at our Pasadena location
Cost: \$10/Group

RSVP Required

Book Group

Book Choice-Bearing the Unbearable
By Joanne Cacciatore

Friday, November 2

10:00-11:30 a.m.

Join us for a conversation about where grief meets life in literature. Free of charge.

Pasadena office

RSVP Required

HOPE FULL HOLIDAYS

Saturday, December 8, 2018

9:30 am-12:30 pm
90 Ritchie Highway
Pasadena MD

A seminar to offer support, honor memories and explore coping strategies during the holiday season.

\$15/person

RSVP Required

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.