

FOR IMMEDIATE RELEASE

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Chesapeake Life Center's Largo office's grief support schedule through December

(LARGO MD, Aug. 17, 2018) — **Chesapeake Life Center** will offer a variety of grief support groups for adults through the end of this year through its Prince George's County office at 9500 Medical Center Drive, Suite 250, Largo.

- New to the schedule is a **Sudden Loss Support Group**, which is for adults who are grieving someone who has passed from unexpected or sudden deaths, including suicide, homicide, accidents, natural causes such as an accident or allergic reaction or from advanced terminal illness that was undiagnosed or when death occurred within 2 months of diagnosis. The group will meet Monday evenings, on Oct. 15, Nov. 19 and Dec. 17. Call for times and to speak with a counselor prior to attending your first meeting.
- **Coffee and Conversation 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 on the second Thursday of the month from 10 to 11:30 a.m. Sept. 13 through Dec. 13.
- **Monthly Evening Grief Support Group** is similar in format to the morning group and is primarily for career-aged adults grieving the loss of a loved one. The group will meet from 6 to 7:30 p.m. Thursdays Sept. 27, Oct. 25, Nov. 29 and Dec. 27.
- **SoulCollage Grief Support Group** will meet from 5 to 7:30 p.m. Mondays, Sept. 10, Oct. 1, Nov. 5 and Dec. 3 at Church of the Redeemer, 7300 Race Track Road, in Bowie. Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process. The cost is \$10.

Child care is not provided and children are not permitted in any of these groups. Registration is required for all groups and can be completed by calling 888-501-7077 or by emailing griefinfo@chesapeakelifecenter.org.

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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.