

**FOR IMMEDIATE RELEASE**

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**Learn how grief can change one's identity and earn CEUs with 'Who am I now?'**

(LARGO, MD, Sept. 17, 2018) – Many people who have experienced profound loss describe themselves as forever changed, adapting to a “new normal” in their lives. They confront an essential question in the wake of their loss, “Who am I now?”

Chesapeake Life Center will offer insight into this aspect of the grieving process in a seminar offered by Chesapeake Life Center. The class will take place from 9 a.m. to 12:15 p.m. Friday, Oct. 12, at Hospice of the Chesapeake's Prince George's office, 9500 Medical Center Drive, Suite 250, Largo, Maryland.

“Who Am I Now?” will explore the many ways bereaved adults confront change in the way of their being and seeing the world post-loss, and how we as professionals might best facilitate an exploration of new life directions which benefits their adaptation and growth.

The seminar is led by licensed clinical professional counselor Roberta Rook, who has more than two decades of experience in the field of counseling, including the last 16 years as a grief counselor and bereavement coordinator for Chesapeake Life Center. She has conducted trainings and presentations on grief-related issues for hospice staff, volunteers and professionals from the community at large.

Social workers licensed by the Maryland Board of Social Work Examiners can earn 3.0 continuing education units. Chesapeake Life Center is authorized by the Board of Social Work Examiners in Maryland to sponsor social work continuing education programs and maintains full responsibility for this program.



The class is free to Hospice of the Chesapeake volunteers. The cost for all others is \$40, with a \$2.99 online registration fee. Registration starts at 8:30 a.m. Coffee and fruit will be provided. Preregistration is required and can be completed by calling 888-501-7077 or visiting <https://www.hospicechesapeake.org/event/who-am-i-now/>.

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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.