

FOR IMMEDIATE RELEASE

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Explore grief and learn how to cope with loss with Chesapeake Life Center workshops

(PASADENA, MD, Aug. 17, 2018) — As part of its family-centered grief program, Chesapeake Life Center will offer a variety of events this fall through its John & Cathy Belcher Campus at 90 Ritchie Highway, Pasadena, Maryland. From a workshop for people who are mourning the death of their four-legged friend to dinner and a movie the whole family can enjoy, people in the community can find a way to learn about grief that suits their style.

- **Sibling Loss** is an informal gathering designed for adults who have lost a brother or sister and wish to explore this often unrecognized grief with others who share the same kind of loss. It will be held from 6 to 7:30 p.m. Oct. 2. The cost is \$10 to attend.
- **Parenting while Grieving** is a two-hour honest conversation about managing life, kids and grief. Child care will be available for this group, which will be held from 4 to 6 p.m. Oct. 14. The cost is \$10 to attend.
- **Grief goes to the Movies** is an opportunity for the whole family to sit down, eat some dinner and popcorn and watch a movie. After, kids and adults can explore grief themes found in popular children's movies. This event will take place from 6 to 8:30 p.m. Oct. 26 and is free to attend.
- **Book Group**, a popular offering from over the summer, will return in the fall. Participants will discuss "Bearing the Unbearable," by Joanne Cacciatore when they meet from 10 to 11:30 a.m. Nov. 2. This event is free to attend.
- **Pet Loss Workshop** is a small group workshop that helps people explore the loss of their beloved pet. It will be held from 1 to 3 p.m. Nov. 11 at Dogwood Acres Pet Retreat, 439 W. Central Ave., Davidsonville, Maryland. To register for this workshop, contact Erin Bogan at ebogan@dogwoodacres.com or 410-798-4776.
- **Hope Full Holidays** is a seminar that offers support, honors memories and explores coping strategies during the holiday season. It will take place from 9:30 a.m. to 12:30 p.m. Dec. 8 and costs \$15 to attend.

Registration is required for all programs and, unless otherwise noted, can be completed by calling 888-501-7077 or 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.