

Grief Support and Education PASADENA OFFICE



January-March 2019

Morning & Evening Grief Support Group

A facilitated six-week support group offering attendees an opportunity to explore grief themes and share strategies for navigating grief in a community of trust.

Registration closes 1 week before start of this group.

Morning Group
Thursdays: 10:00–11:30 a.m.
January 17–February 21

Evening Group
Thursdays: 6:30–8:00 p.m.
February 7–March 14



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: 10:00 a.m.—Noon
January 5, February 2 & March 2

Loss of Life Partner/Spouse Monthly Morning Group

For individuals grieving a spouse or non-married life partners.

Wednesday Mornings:
January 16, February 20 & March 20

10:30 a.m.—Noon

Loss of Life Partner/Spouse Monthly Evening Group

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

Wednesday Evenings:
January 16, February 20 & March 20

6:30–8:00 p.m.

Suicide Grievors

For those grieving the death of a loved one who died by suicide.

Tuesday Evenings:
January 8, February 12 & March 12

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

Together... Silent No More

A support group for those grieving a loss due to substance abuse.

Monday Evenings
January 21, February 18 & March 18

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

New Group Offering

General Monthly Grief Support Group

A monthly drop-in group exploring common grief themes and coping strategies. This is an open group, anyone with any type of loss is welcome.

Wednesdays: 6:00-8:00 p.m.

Starting March 13

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

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

Our Pasadena groups, workshops & events are cancelled when Anne Arundel 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 LARGO OFFICE



January-March 2019

Coffee and Conversations

Monthly Morning Grief Support

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.

Thursdays: 10–11:30 a.m.

January 10, February 14 & March 14



Monthly Evening Grief Support

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.

Thursdays: 6 - 7:30 p.m.

January 24, February 28 & March 21

SoulCollage® Grief Support Group

Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process.

Cost is \$10.

Mondays: 5 - 7:30 p.m.

January 7, February 4 & March 4

*SoulCollage® will be held at the Largo office starting in January 2019.



New Group Offering

Sudden Loss Support Group

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).

Mondays:

January 21, February 18 & March 18

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

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

Childcare is not provided.
Children are not permitted in the adult groups.

Our Largo groups, workshops & events are cancelled when Prince George's 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



January-March 2019

Stepping Stones (ages 6–12 years)

Pasadena Office

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.

**Saturdays: 10:00 a.m.—Noon
January 5, February 2 &
March 2**

Cost is \$10, maximum \$20 for family.

***PRE-REGISTRATION REQUIRED**

Breakfast provided.



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.

Wednesdays: 6:30–8:00 p.m.

Cost is \$10/teen, maximum \$20 for family.

**January 16, February 20 &
March 20**

Meal provided.

***PRE-REGISTRATION REQUIRED**

New Group Offering

Pasadena Office

Pre-teen Group (10-13 year olds)

Monthly support group for pre-teens (and early teens) to connect and share with others who have lost a loved one. Group will include a light dinner and get-to-know you activities.

Wednesdays: 6:30-8:00 p.m.

Cost is \$10/person, maximum \$20/family.

**January 16, February 20 &
March 20**

Meal provided.

***PRE-REGISTRATION REQUIRED**



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

**PRE-REGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.

Healing Arts Series



How can the healing arts be a resource for you on your journey with grief? Join us each month for a discussion and activity.

Informational Night

January 23 | 5:00–7:00 p.m.

Come learn more about the healing arts & how they can be a positive addition to your life.

**No charge to attend the informational night.*

Soul Collage

February 19 | 12:30–2:30 p.m.

Participants will create a series of collages to commemorate lost loved ones and to visually journal the grief process.

Dates Coming Soon

March-Grief Yoga

Fee-\$10/event

***Pick & choose what events best suit you.**

All events held at the Pasadena Office.

PET LOSS WORKSHOP

Sunday, February 3, 2019

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 RSVP to Erin at ebogan@dogwoodacres.com or call 410.798.4776.

**Winter 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.

**February 20, 2019
 6:30–8:00 p.m.**

Pasadena office

**Childcare will be available for this group.*

No charge

Upcoming Event

~Date Coming Soon~

Cooking while Grieving

Someone once said that the 6th stage of grief is learning to cook for oneself! Come, share a meal and conversation about what it's like to cook and dine after a loss. In partnership with Whole Foods Annapolis, join others who are grieving for a chef-prepared small group dinner at Whole Foods.

**Space is limited.
 Cost will be \$25.00 per person.**

Held at Whole Foods Annapolis

Special Program registration closes 2 days before the event. Please call for availability after that date.



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.