

FOR IMMEDIATE RELEASE

Contact: Elyzabeth Marcussen, 443-837-1559
emarcussen@hospicechesapeake.org

Chesapeake Life Center announces Pasadena winter 2019 grief support schedule

(PASADENA, MD, December 14, 2018) — **Chesapeake Life Center** will offer a variety of grief support groups in the first quarter of 2019 on the John & Cathy Belcher Campus at 90 Ritchie Highway, Pasadena.

- **General Monthly Grief Support Group** is a new drop-in monthly group. The group is open to anyone with any type of loss and will meet from 6 to 8 p.m. on the second Wednesday of the month beginning March 13.
- **Morning Grief Support Group** is a facilitated six-week support group offering an opportunity to share with others while exploring coping strategies within a community of trust. The group will meet from 10 to 11:30 a.m. Thursdays, Jan. 17 to Feb. 21. Registration must be completed by Jan. 10 to participate.
- **Evening Grief Support Group** is a facilitated six-week support group offering attendees an opportunity to explore grief themes and share strategies for healing within a community of trust. The group will meet from 6 to 7:30 p.m. Thursdays, Feb. 7 to March 14. Registration must be completed by Jan. 31 to participate.
- **Child Loss Support Group** is for parents experiencing the loss of a child of any age. The group will meet from 10 a.m. to noon on the first Saturday of the month, Jan. 5, Feb. 2 and March 2.
- **Loss of Life Partner/Spouse Monthly Morning Group** is for individuals grieving the death of a spouse or life partner. It will meet from 10:30 a.m. to noon on the third Wednesday of the month, Jan. 16, Feb. 20 and March 20.
- **Loss of Life Partner/Spouse Monthly Evening Group** is for individuals grieving the death of a spouse or life partner. It will meet from 6:30 to 8 p.m. on the third Wednesday of the month, Jan. 16, Feb. 20 and March 20.

- **Suicide Grievers** is for those grieving the death of a loved one by suicide. The group will meet in from 6:30 to 8 p.m. on the second Tuesday of the month, Jan. 8, Feb. 12 and March 12. Participants must speak with a counselor prior to attending their first meeting.
- **Together...Silent No More** is a monthly support group for those grieving a loss due to substance abuse. The group will meet from 6 to 7:30 p.m. on the third Monday of the month, Jan. 21, Feb. 18 and March 18. Participants must speak with a counselor prior to attending their first meeting.

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.

###

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.