

FOR IMMEDIATE RELEASE

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Explore healing arts, pet loss and more with Chesapeake Life Center winter workshops

(PASADENA, MD, December 14, 2018) — As part of its family-centered grief program, Chesapeake Life Center will offer a variety of events this winter on 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 a frank chat about being a parent while coping with loss, people in the community can find a way to learn about grief that suits their style.

At the top of the calendar is a new monthly offering, the center's **Healing Arts Series**. The healing arts are creative therapies that employ music, art, pets, energy, aroma and more to promote healing, wellness and coping. Each month will offer a discussion and activity to help people learn how these practices can be a resource in your journey with grief.

- The first offering will be the **Healing Arts Information Night**. Join counselors and practitioners from 5 to 7 p.m. Jan. 23 on the Pasadena campus to learn and even experience some of the healing arts and discover how they can be a positive addition to your life. This event is free to attend.
- An introduction to **SoulCollage** will take place from 12:30 to 2:30 p.m. Feb. 19 on the Pasadena campus. Join Chesapeake Life Center counselor and SoulCollage facilitator Roberta Rook as she helps participants create a series of collages to commemorate lost loved ones. This session will demonstrate how this practice helps one cope with loss by creating a visual journal of their grief process. The cost to attend is \$10 for supplies.

Other workshops planned for the winter include:

- **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. Feb. 3 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.

- **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 6:30 to 8 p.m. Feb. 20 on the Pasadena campus. This event is free 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. Though registration for special programs closes two days prior to the day of the event, people may still be able to participate by calling to see if space is available.

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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.