

Grief Support and Education PASADENA OFFICE



April-June 2019

Morning 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.

Thursdays: 10:00—11:30 a.m.

April 11—May 16

Registration closes 1 week before start of this group.



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

April 6, May 4 & June 1

Loss of Life Partner/Spouse Monthly Morning Group

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

Wednesday Mornings:

10:30 a.m.—Noon

April 17, May 15 & June 19

Loss of Life Partner/Spouse Monthly Evening Group

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

Wednesday Evenings:

6:30 — 8:00 p.m.

April 17, May 15 & June 19

Suicide Grievors

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

Tuesday Evenings:

April 9, May 14 & June 11

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

April 15, May 20 & June 17

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: 6:00-7:30 p.m.

April 10, May 8 & June 12

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, work-
shops & 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



April-June 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.

April 11, May 9 & June 13

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.

April 25, May 23 & June 27

SoulCollage® Grief Support Group
Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process.

Mondays: 5 - 7:30 p.m.

April 8, May 6 & June 3

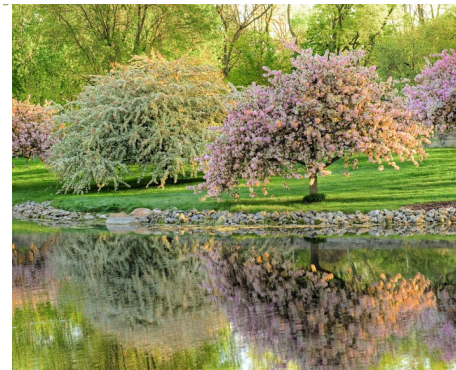
Cost is \$10.

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:

April 22 & June 17

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

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90 Ritchie Highway
Pasadena, MD 21122

PRINCE GEORGE'S COUNTY

9500 Medical Center Drive
Suite 250
Largo, MD 20774

REGISTRATION REQUIRED

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Coming Soon!

P G County Children's Grief Day Camp

Join us for a one-day interactive workshop experience in August where children, ages 6-12, can explore their grief, make friends and have a lot of fun!

More details coming soon

Cost: \$40/Participant

Please call 888.501.7077 if interested.



**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



April-June 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.

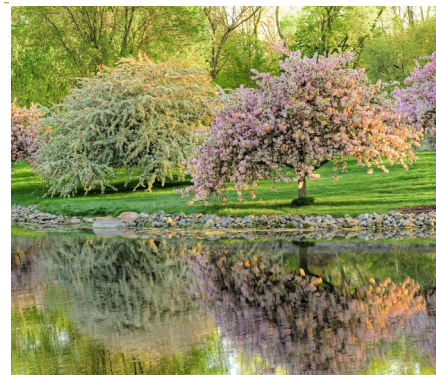
Saturdays: 10:00 a.m.—Noon

April 6, May 4 & June 1

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

*PRE-REGISTRATION REQUIRED

Breakfast provided.



Pre-teen Group (10-13 years)

Pasadena Office

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.

April 17, May 15 & June 19

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

*PRE-REGISTRATION REQUIRED

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.

April 17, May 15 & June 19

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

*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

Anne Arundel County

Children's & Teen Summer Grief Day Camps

Children's Grief Day Camp

Join us for two days for an interactive workshop experience where children, ages 6-13, can explore their grief, make friends and have a lot of fun!

Friday, June 21: 6:00 - 8:30 p.m. &
Saturday, June 22: 9:00 a.m.- 4:00 p.m.

Cost: \$50/Participant

Held at Chesapeake Life Center-Pasadena, MD



Teen Grief Day Camp

Join us for a one-day interactive experience where teens, ages 13-18, will learn more about grief together in an outdoor environment.

Saturday, June 22: 9:00 a.m.- 6:30 p.m.

Cost: \$40/Participant

Held at Arlington Echo Outdoor Education Center- Millersville, MD



**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 for a discussion and activity.

Comfort Touch & Acupuncture Workshop
April 4 | 4:00-7:00 p.m.

Participants will have the opportunity to learn about and experience the benefits of comfort touch and acupuncture, live meditative music and guided imagery.

Class size is limited.

Note to Note Workshop
May 18 | 9:00 a.m.-12:00 p.m.

Come create your own Hero's Journey! Our "Note to Note" workshop will provide participants with the opportunity to use "the notes" of creative writing, aroma therapy, and original music to discover your inner hero. You will be guided to imagine and build a new, personal story of hope, courage and new beginnings!

Class limited to 10 participants.

Fee-\$10/event

***Pick & choose what events best suit you.**
All events held at our Pasadena location.

~Coming this summer~
Loss of Life partner/Spouse
Four week Support Group

For individuals grieving a spouse or non-married life partner. A facilitated four week support group offering attendees an opportunity to explore grief themes and share strategies for healing within a community of trust.

Wednesdays: July 10-July 31, 2019
10:30 a.m. -12:00 p.m.

Held in our Pasadena location

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.

Cooking while Grieving

April 25, 2019 | 6:30-8:30 p.m.

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 : \$25 per person.

Held at Whole Foods In Annapolis
 200 Harker Pl Ste 100,
 Annapolis, MD 21401



Registration & pre-payment required

Mother's Day Tea

We invite you to a special reflective and healing gathering for women and girls (ages 12 and up) grieving the loss of a mother or grandmother.

May 9, 2019
6:00-7:30 p.m.

Held in Pasadena, MD

Fee: \$15



Summer Book Group

Join us, in our Pasadena location, for conversations about where grief meets life in literature. Each month this summer we will explore grief narratives through the lens of various authors.

June 28, July 26 & August 23
10:00 -11:30 a.m.

June Book Choice:

It's OK that You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand
By Megan Devine

~Call for other book selections & to register~

