

**FOR IMMEDIATE RELEASE**

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**Chesapeake Life Center announces Pasadena spring 2019 grief support schedule**

(PASADENA, MD, March 20, 2019) — **Chesapeake Life Center** will offer a variety of grief support groups in the spring of 2019 on the John & Cathy Belcher Campus at 90 Ritchie Highway, Pasadena.

- **General Monthly Grief Support Group** is a recently added monthly drop-in group. The group is open to adults grieving any type of death loss and will meet from 6 to 7:30 p.m. on the second Wednesday of the month April 10, May 8 and June 12.
- **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, April 11 to May 16. Registration must be completed by April 4 to participate.
- **Child Loss Support Group** is for parents experiencing the death of a child of any age or circumstance. The group will meet from 10 a.m. to noon on the first Saturday of the month, April 6, May 4 and June 1.
- **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, April 17, May 15 and June 19.
- **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, April 17, May 15 and June 19.
- **Suicide Grievers** is for those grieving the death of a loved one by suicide. The group will meet from 6:30 to 8 p.m. on the second Tuesday of the month, April 9, May 14 and June 11. 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, April 15, May 20 and June 17. Participants must speak with a counselor prior to attending their first meeting.

- Coming this summer, the center will offer a four-week **Loss of Life Partner/Spouse Support Group** for those who are grieving a spouse or non-married life partner. This facilitated group will meet from 10:30 a.m. to noon Wednesdays, July 10 to 31, and will explore grief themes and share strategies for healing within a community of trust.

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](mailto: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](http://www.chesapeakelifecenter.org).