

Grief Support and Education PASADENA OFFICE



July-September 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.

September 12-October 17

Registration closes one 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

September 7

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

September 18

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.

September 18

Suicide Grievors

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

Tuesday Evenings:

July 9 & September 10

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:

July 15 & September 16

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

New Offering

Men's Monthly Support Group

This monthly support group seeks to help men connect with other male grievors and navigate through the emotional, mental, and "everyday" struggles of the grieving process.

Tuesday Evenings:

6:00-7:30 p.m.

September 3

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



July-September 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.

July 11 & September 12



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.

July 25 & September 26

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.

July 1, August 5 & September 9

Cost is \$10.00

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:

September 16

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

New Offering Teen Support Group

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.

September 11

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- Grief Support Groups
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PRINCE GEORGE'S COUNTY

9500 Medical Center Drive
Suite 250
Largo, MD 20774

REGISTRATION REQUIRED

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Prince George's County Children's Grief Day Camp

Come to the College Park Airport and the Aviation Museum for an interactive workshop experience where children, ages 6-12, can explore their grief, make friends, and have a lot of fun! Through art, play, conversations, and support, children will develop new ways that help with the difficult task of grieving, while learning they are not alone. Includes an activity in the Aviation Museum.

August 17, 2019 | 10:00 a.m.-3:00 p.m

Cost: \$40/Participant

~Registration Required~

Held at

College Park Airport Operations Building
1909 Corporal Frank Scott Drive
College Park, MD 20740

*Adjacent to the College Park Aviation Museum

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



July-September 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

September 7

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.

September 18

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

*PRE-REGISTRATION REQUIRED

Phoenix Rising teens (13-18 years)

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

Monthly support group for teens to connect with others who are also grieving the death of a loved one.

Anne Arundel County

Pasadena Office

September 18

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

Prince Georges County

Largo Office

September 11

*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.
- Four-week support groups, \$40
- Six-week support groups, \$60
- Monthly groups, \$10 per session attended

SAVE THE DATE

Anne Arundel County Grief Workshop: Grief-fiti

Join us for a one-day interactive workshop experience to explore grief, make friends, and have a lot of fun! Through art, conversations, and support, participants will develop new ways that help with the difficult task of grieving, while learning they are not alone.

Saturday, October 5-6-12 year olds

10:00 a.m.-1:00 p.m.

Wednesday, October 16-13-18 year olds

6:30-8:30 p.m.

* Held at Artsy Partsy in Pasadena, MD

Call to register or for more information



**PRE-REGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.



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.

10:00 -11:30 a.m.

June 28

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

by Megan Devine

July 26

Once More We Saw Stars: A Memoir
 by Jayson Greene

August 23

Option B: Facing Adversity, Building Resilience and Finding Joy
 by Sheryl Sandberg

Free of charge

Registration Required

Summer Grief Yoga

August 2 | 10:00-11:00 a.m.

\$10/Participant

Held at our Pasadena location

*Mat or chair available

Registration Required

*For adults only



Coming this Fall

Fall Grief Yoga

October 22 | 6:30-7:30 p.m.

Pet Loss Workshops

Perfect Pet Resort

September 22 | 1:00-3:00 p.m.

Dogwood Acres

November 10 | 1:00-3:00 p.m.

Living with Loss

August 7, 2019 | 6:00-8:00 p.m.

Grief is a natural response to the death of a loved one, and uniquely affects each person physically, emotionally, mentally, spiritually, and socially. Join us as we provide an introduction to the universal grief process as well as the unique ways people will experience and express grief.

~A light dinner will be served~

Held at our Pasadena location

Free of charge

Registration Required

**Loss of Life partner/Spouse
 Four-week Support Group**

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

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.

Held at our Pasadena location

Registration Required

~Look at our **Fees for Service** section for price details

Six-Week Parent Loss Support Group

**Mondays | September 23- October 28
 6:30-8:00 p.m.**

When a parent dies, there are often other feelings of loss. There may be the loss of a home, loss of connection with the past, loss of being "known," or the loss of the expectation that someday the relationship might have changed. The "natural order of things" often does not bring comfort. This is a six-week group for those grieving the loss of a parent. Wherever you are in your grief process, whatever the relationship, you are welcome.

Held at our Pasadena location

Registration required

~Look at our **Fees for Service** section for price details

Special Program registration closes two 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.