

**FOR IMMEDIATE RELEASE**

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**Chesapeake Life Center's special programs use creative approaches to discussing grief**

(PASADENA, MD, June 25, 2019) — As part of its family-centered grief program, **Chesapeake Life Center** will offer a variety of events this summer and fall. From workshops for people who are mourning the death of their four-legged friend to group discussions of books that explore grief, people in the community can find a way to learn about grief that suits their style.

- **Summer Book Groups**, a popular offering from last summer, return from 10 to 11:30 a.m. on the fourth Fridays of the summer months to the center's John & Cathy Belcher Campus, 90 Ritchie Highway, in Pasadena. Participants will discuss literature that offers different perspectives on coping with loss. These events are free to attend. The books that will be discussed are: *It's OK that You're not OK: Meeting Grief and Loss in a Culture that Doesn't Understand*, by Megan Devine on June 28; *Once More We Saw Stars: A Memoir*, by Jayson Greene on July 26; and *Option B: Facing Adversity, Building Resilience and Finding Joy*, by Sheryl Sandberg on Aug. 23.
- **Grief Yoga** will be facilitated by Cathy Rees from The Yoga Center of Columbia. Adults can participate with either a chair or a mat and learn how yoga can help people in the grief process. The summer session will be held from 10 to 11 a.m. Aug. 2 and the fall session will be held from 6:30 to 7:30 p.m. Oct. 22. The cost for each session is \$10.
- **Pet Loss Workshops** are small group workshops that help people explore the loss of their beloved pet and are free to attend. People can choose to attend one of two sessions. The first session will be held from 1 to 3 p.m. Sept. 22 at Perfect Pet Resort, 840 W. Bay Front Road, Lothian, Maryland. The second session will be held from 1 to 3 p.m. Nov. 10 at Dogwood Acres Pet Retreat, 439 W. Central Ave., Davidsonville, Maryland.

Registration is required for all programs and, unless otherwise noted, can be completed by calling 888-501-7077 or 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).