

FOR IMMEDIATE RELEASE

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Prince George's County grief programs include something new for teens and kids

(LARGO MD, July 1, 2019) — **Chesapeake Life Center's** Prince George's County office will offer a variety of grief support groups through September at its offices at 9500 Medical Center Drive, Suite 250, Largo, Maryland, as well as at other locations in the county.

New to the schedule is its **Prince George's County Teen Support Group** for youth ages 13 to 18 to connect with others their age who also grieve the death of a loved one. Its first meeting will be from 6:30 to 8 p.m. Sept. 11. Call for location and to speak with a counselor prior to attending the first meeting.

Another exciting new program is the **Prince George's County Children's Grief Day Camp**. It will be held from 10 a.m. to 3 p.m. Aug. 17 at the College Park Airport and the Aviation Museum and will be an interactive workshop experience where children ages 6 to 12 can explore their grief, make friends and have a lot of fun. Through art, play, conversations and support, children will develop new ways to handle the difficult task of grieving while learning they are not alone. The program includes snacks and lunch and an activity in the aviation museum. The cost is \$40.

Other programs offered at the center's Prince George's County office include:

- **Coffee and Conversations Monthly Morning Grief Support Group**, an informal gathering that provides a safe place for sharing and learning about grief while exploring coping strategies. The group will meet from 10 to 11:30 a.m. July 11 and Sept. 12.
- **Monthly Evening Grief Support Group** is similar in format to the morning group and will meet on the fourth Thursday of the month from 6 to 7:30 p.m. July 25 and Sept. 26.
- **Sudden Loss Support Group** is for adults who are grieving someone who has passed unexpectedly or suddenly, including from suicide, homicide, accidents or natural causes that brought death rapidly. The group will meet on the evening of Sept. 16. Call for times and to speak with a counselor prior to attending your first meeting.

- **SoulCollage Grief Support Group** has participants create a series of collages to commemorate lost loved ones and to visually journal the grief process. The group will meet from 5 to 7:30 p.m. Aug. 5 and Sept. 9. The cost is \$10.

Children are not permitted in any adult groups. Registration is required for all groups and can be completed by calling 888-501-7077 or emailing 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.