

FOR IMMEDIATE RELEASE

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Back-to-school night designed to help grieving teens cope with loss

(PASADENA, MD, July 25, 2019) — Going back to school can bring a mix of feelings, as the summer comes to an end. After the death of a loved one, these feelings can include anxiety and dread. Entering the classroom, a student might feel like everyone is staring at them, as they wonder, “What am I going to say?”

The grief experts at Chesapeake Life Center understand why teenagers might put on a mask and pretend that they’re “just fine.” They invite grieving teenagers ages 13 to 18 to enjoy a night of food, creative activities and real talk at “Back-to-School Prep: Unmask Your Grief.” The event will be held from 6 to 8 p.m. Wednesday, Aug. 21 on Hospice of the Chesapeake’s John & Cathy Belcher Campus, 90 Ritchie Highway, Pasadena.

Talk with other grieving teens about what to share and what to keep private, how to handle the stress of school and activities while finding ways to have fun. The cost is \$10 per teen and includes dinner. Registration is required and can be completed by calling 1-888-501-7077 or emailing griefinfo@cheseapeakelifecenter.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.cheseapeakelifecenter.org.