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Workshop on grief in the winter new to nonprofit’s Prince George’s County programs

(LARGO MD, Dec. 11, 2019) — An evening workshop designed to help people learn how to cope with loss through the winter months is one of three grief programs that will be offered through March at Chesapeake Life Center’s Prince George’s County office, 9500 Medical Center Drive, Suite 250, Largo, Maryland.

**Living with Loss: Through the Darkness** will be held from 6 to 8 p.m. Jan. 16. Participants will share a light dinner while learning how to find moments of rest and reflection in the quiet depth of the winter months. The cost is $10.

The Prince George’s office also offers grief support groups that meet monthly. They include:

- **Prince George’s County Teen Support Group** is a way for youth ages 13 to 18 to connect with others their age who also grieve the death of a loved one. It meets monthly from 6:30 to 8 p.m. Jan. 8, Feb. 12 and March 11.

- **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 8 p.m. Jan. 6, Feb. 3 and March 2. The cost is $10.

Children are not permitted in any of the 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.