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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](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).