January-March 2020

SERVICES PROVIDED

• Short-term Grief Counseling
• Grief Support Groups
• Educational Workshops

ANNE ARUNDEL COUNTY
John & Cathy Belcher Campus
90 Ritchie Highway
Pasadena, MD 21122

PRINCE GEORGE’S COUNTY
9500 Medical Center Drive
Suite 250
Largo, MD 20774

REGISTRATION REQUIRED
888.501.7077
griefinfo@chesapeakelifecenter.org

IF YOUR LOSS IS RECENT, PLEASE CONTACT THE LIFE CENTER BEFORE ATTENDING A GROUP.

Grief Support and Education
PASADENA OFFICE

Six-Week Grief Support Group
A facilitated six-week support group offering attendees an opportunity to explore grief themes and share strategies for navigating grief in a community of trust.
Registration closes one week before start of this group.

Six-Week Grief Support Group
Thursdays: 10:00-11:30 a.m.
February 13-March 19

Child Loss Monthly Support Group
This monthly support group seeks to provide gentle emotional and social support to parents grieving the death of a child, regardless of age or circumstance.

Child Loss Monthly Support Group
Saturdays: 10:00 a.m.—Noon
January 4, February 1 & March 7

Loss of Life Partner/Spouse Monthly Morning Group
For individuals grieving a spouse or life partner.

Loss of Life Partner/Spouse Monthly Morning Group
Wednesday Mornings:
10:30 a.m.—Noon
January 15, February 19 & March 18

Loss of Life Partner/Spouse Monthly Evening Group
For career-aged individuals grieving a spouse or life partner.

Loss of Life Partner/Spouse Monthly Evening Group
Wednesday Evenings:
6:30 — 8:00 p.m.
January 15, February 19 & March 18

Suicide Grievers
A monthly support group for those grieving the death of a loved one who died by suicide.

Suicide Grievers
Tuesday Evenings:
January 14, February 11 & March 10
Call for times and to speak with a counselor prior to first meeting.

Together... Silent No More
A monthly support group for those grieving a loss due to substance abuse.

Together... Silent No More
Monday Evenings:
January 20, February 17 & March 16
Call for times and to speak with a counselor prior to first meeting.

Men’s Monthly Support Group
This monthly support group seeks to help men connect with other male grievers and navigate through the emotional, mental, and “everyday” struggles of the grieving process.

Men’s Monthly Support Group
Tuesday Evenings:
6:00–7:30 p.m.
January 7, February 4 & March 3

Call for times and to speak with a counselor prior to first meeting.

Childcare is not provided. Children are not permitted in the adult groups.

Our Pasadena groups, workshops & events are cancelled when Anne Arundel County Schools are closed due to a weather event.

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

Please visit chesapeakelifecenter.org for more information.
Phoenix Rising teens (13-18 years)
Monthly support group for teens to connect with others who are also grieving the death of a loved one.

Wednesdays: 6:30-8:00 p.m.
January 8, February 12 & March 11
*Registration required

SoulCollage® Monthly Grief Support Group
Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process.

Mondays: 5:00 - 8:00 p.m.
January 6, February 3 & March 2
Cost is $10.00
*Registration required

Living with Loss~ Through the Darkness

The fall/winter holiday season has now passed. The days remain short and the nights long, and grief can feel closer, ever-present in the darkness of this time of year. Yet the winter season, with its quiet depth, offers an opportunity for working through the pain of loss with the restorative power of rest and reflection. Join us for a workshop on finding a way through grief in this mid-winter time.

January 16 | 6:00-8:00 p.m.
Cost: $10.00 / Person
Registration required
~Light dinner will be provided~
To be held at the Prince George’s County office
**Grief Support and Education**

**CHILDREN AND TEENS**

---

**Stepping Stones (ages 6—12 years)**
A monthly group where children play games together, participate in a grief-related story time, and make crafts to commemorate their loved one, all while getting to know other children who can relate to their experiences of loss and grief.

Cost is $10, maximum $20/family.

Breakfast provided.

**Pasadena Office**
Saturdays: 10:00 a.m.—Noon
January 4, February 1 & March 7

*PRE-REGISTRATION REQUIRED*

---

**Pre-teen Group (11-13 years)**
Monthly support group for pre-teens (and early teens) to connect and share with others who have lost a loved one. Group will include a light dinner and get-to-know you activities.

Cost is $10/person, maximum $20/family.

Meal provided.

**Pasadena Office**
Wednesdays: 6:30-8:00 p.m.
January 15, February 19 & March 18

*PRE-REGISTRATION REQUIRED*

---

**Phoenix Rising teens (13-18 years)**
Monthly support group for teens to connect with others who are also grieving the death of a loved one.

Cost is $10/teen, maximum $20/family

Meal provided.

**Anne Arundel County**
**Pasadena Office**
Wednesdays: 6:30-8:00 p.m.
January 15, February 19 & March 18

**Prince Georges County**
**Largo Office**
January 8, February 12 & March 11

*PRE-REGISTRATION REQUIRED*

---

**FEES FOR SERVICE**
Chesapeake Life Center offers grief support to the entire community. Support groups and short-term counseling (up to 10 sessions) are offered to Hospice of the Chesapeake family members at no charge for up to 13 months after the death of their loved one. Counseling can continue with a sliding fee scale after 13 months. Specialty program fees are as noted in the program schedule.

**For Our Community:**
- Initial counseling visit of one hour is $60; subsequent sessions determined using sliding scale.
- Four-week support groups, $40
- Six-week support groups, $60
- Monthly groups, $10 per session attended
- Specialty program fees noted in this program schedule

---

**PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS**
Cooking While Grieving
Someone once said that another part of grief is learning to cook for oneself! Come, share a meal and conversation about what it’s like to cook and dine after a loss. In partnership with Whole Foods Annapolis, join others who are grieving for a chef-prepared small group dinner at Whole Foods. Space is limited.

January 23 | 6:30-8:30 p.m.

Held at Whole Foods in Annapolis
200 Harker Pl., Ste 100
Annapolis, MD 21401

Cost: $25.00 per person

Registration Required

Special program registration closes two days before the event. Please call for availability after that date.

Living with Loss—Through the Darkness
The fall/winter holiday season has now passed. The days remain short and the nights long, and grief can feel closer, ever-present in the darkness of this time of year. Yet the winter season, with its quiet depth, offers an opportunity for working through the pain of loss with the restorative power of rest and reflection. Join us for a workshop on finding a way through grief in this mid-winter time.

Prince George’s County
January 16 | 6:00-8:00 p.m.

Anne Arundel County
February 6 | 6:00-8:00 p.m.

Cost: $10.00 / Person (Per Workshop)

Registration required

~Light dinner will be provided~

Nurturing the Grieving Heart through Yoga: A Six-Week Workshop
Tuesdays | March 3-April 7
6:15-7:30 p.m.

$60/Participant

Held at our Pasadena location

Registration Required

*For adults only

Pet Loss Workshop
Sunday, February 2 | 1:00-3:00 p.m.
Dogwood Acres

This small group workshop includes a welcome, a time to share individual stories, an introduction to the grief process, an art activity to honor your beloved pet, brainstorming and suggestions for healthy coping.

Please RSVP to
Dogwood Acres
(410) 798-4776

Integrative Healing Series
Are you a caregiver for a loved one struggling with illness?
Are you grieving the loss of a loved one?
Come explore the many ways the integrative arts can support you through this challenging journey.

Integrative Healing Informational Evening
January 22 | 5:00-7:00 p.m.

Come learn more about how the many healing arts can be a positive & beneficial addition to your life. No charge.

Acupuncture & Comfort Touch
February 25 | 1:00-3:00 p.m.

Experience the benefits of acupuncture and the soothing qualities of comfort touch as we enjoy an evening of exploration around self-care. $10/person.

Gardening & Healing
March 31 | 6:00-8:00 p.m.

Discover a path to peace and wellness as we explore the intrinsic power of nature to comfort and promote healing. $10/person.

Aromatherapy
April 9 | 1:00-3:00 p.m.

Come learn about and experience the power of essential oils to comfort you on your Healing Journey. $10/person.

Mindfulness
May 6 | 10:00 a.m.-12:00 p.m.

Come learn how to use mindfulness to relax, retreat, and replenish your body, heart, and mind. $10/person.

Chesapeake Life Center offers grief support to anyone grieving the loss of a loved one in our community regardless of their relationship to hospice or the type of loss. We recognize that the experience of loss is different and unique for each person.

Registration required for all special programs—call 888.501.7077.