

Grief Support and Education PASADENA OFFICE



April-June 2020



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.

Thursdays: 6:00-7:30 p.m.

April 30-June 4

Registration closes one week before start of this group.



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.

Saturdays: 10:00 a.m.—Noon

April 4, May 2 & June 6

Loss of Life Partner/Spouse Monthly Groups

For individuals grieving a spouse or life partner.

**Wednesday Mornings
10:30 a.m.—Noon**

**Wednesday Evenings (Career Aged)
6:30-8:00 p.m.**

April 15, May 20 & June 17

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.

Tuesday Evenings:

6:00-7:30 p.m.

April 7, May 5 & June 2

New Offering!

Parent/Parental-Figure Loss Monthly Support Group

A monthly support group for adults grieving the death of a parent or parental figure.

Wednesday Evenings:

6:00-7:30 p.m.

April 22, May 27 & June 24

Suicide Grievers

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

Tuesday Evenings:

April 14, May 12 & June 9

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.

Monday Evenings:

April 20, May 18 & June 15

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

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 US BEFORE ATTENDING A GROUP.

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

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

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

Please visit chesapeakelifecenter.org for more information.

Grief Support and Education LARGO OFFICE



April-June 2020

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.
April 8, May 13 & June 10

Cost is \$10/teen, maximum \$20/family
Meal provided.

*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.
April 13, May 4 & June 1

Cost is \$10.00

*Registration required



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 US BEFORE ATTENDING A GROUP.

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

Our Largo groups, workshops & events are cancelled when Prince George's Public County Schools are closed due to a weather event.

PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

Living with Loss

Changing Identity and Coping With Parent Loss

The next Living With Loss session will focus on exploring the loss of a parent/parent-figure. With Mother's Day and Father's Day dotting the spring calendar, those experiencing parental loss are faced with often painful reminders of what is lost and a search for what remains. When a parent dies, there are often layers of loss...the loss of a home, loss of connection with the past, loss of being "known", or the loss of the expectation that someday the relationship might have changed. Sometimes the "natural order of things" does not bring comfort. Whether you are grieving the loss of a parent or someone who was like a parent, wherever you are in your grief process, whatever the relationship, you are welcome.

Largo Office-April 23: 6:00-8:00 p.m.

Registration Required

Cost: \$10.00

Light dinner served



Prince Georges County Children's Grief Day Camp

July 18, 2020

9:00-4:00 p.m.

Come to the College Park Airport and the Aviation Museum for an interactive workshop experience where children, ages 6-12, can explore their grief, make friends, and have a lot of fun! Through art, play, conversations, and support, children will develop new ways that help with the difficult task of grieving, while learning they are not alone. Includes an activity in the Aviation Museum.

Cost: \$40/Participant

~Registration Required by July 6~

College Park Airport Operations Building

1909 Corporal Frank Scott Drive
College Park, MD 20740



Information on our teen camp can be found on back page

Please visit chesapeakelifecenter.org for more information.

Grief Support and Education CHILDREN AND TEENS



April-June 2020



Stepping Stones (ages 6–12 years)

Pasadena Office

Saturdays: 10:00 a.m.—Noon

April 4, May 2 & June 6

*PRE-REGISTRATION REQUIRED

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.

Pre-teen Group (11-13 years)

Pasadena Office

Wednesdays: 6:30-8:00 p.m.

April 15, May 20 & June 17

*PRE-REGISTRATION REQUIRED

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.

Phoenix Rising teens (13-18 years)

Wednesdays: 6:30-8:00 p.m.

Anne Arundel County
Pasadena Office

April 15, May 20 & June 17

Prince Georges County
Largo Office

April 8, May 13 & June 10

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.

*PRE-REGISTRATION REQUIRED

Anne Arundel County

Children's Grief Day Camp

Join us for two days for an interactive workshop experience where children, ages 6-12, can explore their grief, make friends and have a lot of fun!

Friday, July 31: 6:00 - 8:30 p.m. &

Saturday, August 1: 9:00 a.m.– 5:30 p.m.

Cost: \$50/Participant

Held at Chesapeake Life Center-Pasadena, MD

~Registration required by July 20~



Information on our teen camp can be found on back page

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**

Please visit chesapeakelifecenter.org for more information.

**Living with Loss~
 Changing Identity and Coping With Parent Loss**

The next Living With Loss session will focus on exploring the loss of a parent/parent-figure. With Mother's Day and Father's Day dotting the spring calendar, those experiencing parental loss are faced with often painful reminders of what is lost and a search for what remains. When a parent dies, there are often layers of loss...the loss of a home, loss of connection with the past, loss of being "known", or the loss of the expectation that someday the relationship might have changed. Sometimes the "natural order of things" does not bring comfort. Whether you are grieving the loss of a parent or someone who was like a parent, wherever you are in your grief process, whatever the relationship, you are welcome.

Prince George's County
 April 23 | 6:00-8:00 p.m.

Anne Arundel County
 May 26 | 6:00-8:00 p.m.

Cost: \$10.00 / Person (Per Workshop)

Registration required

~Light dinner will be provided~

Summer Book Group

Join us, in our Pasadena location, for conversations about where grief meets life in literature. Each month this summer we will explore grief narratives through the lens of various authors. No charge.

Mondays~10:00-11:30 a.m.

June 1 Book Choice:
Finding Meaning: The Sixth Stage of Grief
 By David Kessler

July 6: Book Choice:
Things I Wish I Knew Before My Mom Died
 By Ty Alexander

August 3 Book Choice:
How Animals Grieve
 By Barbara J King

~Registration Required~



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.



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.

Registration Required

Camp Phoenix

Come for a day-long interactive experience where teens, ages 13-18 (Teens entering 9th-12th grade), will learn more about grief together. Using team building and each other, Camp Phoenix provides a space where all the emotions for grief are met with compassion and the expertise to support teens navigating grief while having fun and learning they are not alone. **Space is limited.**



Saturday, August 15

10:00 a.m. – 8:00 p.m.

Held at Terrapin Adventures

Cost: \$40/Participant

~Registration Required by August 3~

Transportation will be provided from a set location



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

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.