

# Grief Support and Education PASADENA OFFICE



All support groups being offered virtually as long as needed.



## 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.

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

May 21-June 25

## 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 Grievors

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.*

April-June 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](mailto: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](http://chesapeakelifecenter.org) for more information.

# Grief Support and Education LARGO OFFICE



All support groups being offered virtually as long as needed.

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.

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

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

April 8, May 13 & June 10

\*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](mailto: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**



## 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](http://chesapeakelifecenter.org) for more information.

# Grief Support and Education CHILDREN AND TEENS



All support groups being offered virtually as long as needed.



## **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**

**April-June 2020**



## **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

## **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\***

**PRE-REGISTRATION  
REQUIRED FOR ALL  
PROGRAMS**

**Please visit [chesapeakelifecenter.org](http://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.

**May 26 | 6:00-8:00 p.m.**

Cost: \$10.00 / Person

Registration required

*This event will be held virtually-more details given at registration*

Should stay at home restrictions be lifted by May 10, there is a possibility that the event will occur in-person at our Pasadena location.

**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.*



**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.

*\*To be held virtually –more details given at registration*

**Future Events:**

**Gardening & Healing & Aromatherapy**

*These events are postponed as the nature of the workshops entails an in-person approach.*

**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.**

**Registration required for all special programs—call 888.501.7077.**