

FOR IMMEDIATE RELEASE

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Chesapeake Life Center moves Prince George's County support groups to telehealth

(LARGO, MD, April 6, 2020) — For the duration of the COVID-19 health emergency, Chesapeake Life Center, 9500 Medical Center Drive, Suite 250, Largo, Maryland, will offer its regular support groups via a telehealth platform, Zoom for Healthcare, and not in its offices.

Chesapeake Life Center Director Susan Coale said that increased feelings of anxiety, loneliness and depression are normal in the face of so many changes. “We know how important our services are to people who are already coping with the loss of a loved one,” she said. “Grief can be even more acute when it is compounded with decreased social interaction, the cancelling of events that we were looking forward to, and worrying about the health and safety of others as well as ourselves,”

With all of these factored into place, the center will offer as many services as is feasible via telehealth. The team’s counselors have all received training in telehealth to be sure that the center’s services meet best practice standards.

All groups scheduled in the month of April for the Largo office will meet via telehealth. Whether or not those groups’ May or June meetings will be held via telehealth or in the office will be determined prior to the scheduled date.

- **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 will meet via Zoom for Healthcare from 6:30 to 8 p.m. April 8, May 13 and June 10.
- **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 via Zoom for Healthcare from 5 to 8 p.m. April 13, May 4 and June 1.

Acknowledging that not everyone has access to this technology or may not be comfortable with it, the center suggests people call or email the office and grief professionals will work with individuals to help them find appropriate resources.

The center is constantly monitoring the impact the pandemic has on families and individuals and has responded by implementing recommended safety practices and postponing public events scheduled in April.

Registration is required for all groups and can be completed by calling 888-501-7077 or emailing griefinfo@chesapeakelifecenter.org. For details on telehealth bereavement services, visit www.hospicechesapeake.org/clc-covid-19.

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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.