

Grief Support and Education PASADENA OFFICE



All support groups being offered virtually as long as needed.



All monthly Support Groups take a break in July & August.

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.

September 17-October 22

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

September 12

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.**

September 16

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.

September 1

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.

September 23

Suicide Grievors

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

Tuesday Evenings:

September 8

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:

September 21

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

July-September 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 US BEFORE ATTENDING A GROUP.

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

Our groups, workshops & events in each county are cancelled when that County's 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 CHILDREN AND TEENS



All support groups being offered virtually as long as needed.



All monthly Support Groups take a break in July & August.

Stepping Stones (ages 6–12 years)

Pasadena Office

Saturdays: 10:00 a.m.—Noon

September 12

***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.

July-September 2020



Pre-teen Group (11-13 years)

Pasadena Office

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

September 16

***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**

September 16

***PRE-REGISTRATION REQUIRED**

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.

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

Grief Support & Education Largo Office

SoulCollage® Monthly Support Group

Mondays: 5:00 - 8:00 p.m.

September 14

Cost is \$10.00

*Registration required

Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process.



**PRE-REGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.

Summer Camps



All support groups being offered virtually as long as needed.

July-September 2020

Grief Burst 2020! *A Virtual Camp for Grieving Children*

Come and join us for our virtual “mini-Camp” sessions on Zoom! Explore the many ways we experience grief and learn new ways to help ourselves heal and grow while connecting with kids your own age and with similar losses. Along the way we will share stories, laugh, move our bodies and create things too! Kids will receive a “camp tool box” with all the materials needed for camp projects and participation, including a T-Shirt!

\$10/participant (Scholarships available)



August 10 & 12

Ages 8-10—10:00 a.m.-11:30 p.m.

Ages 10-12—1:00-2:30 p.m.

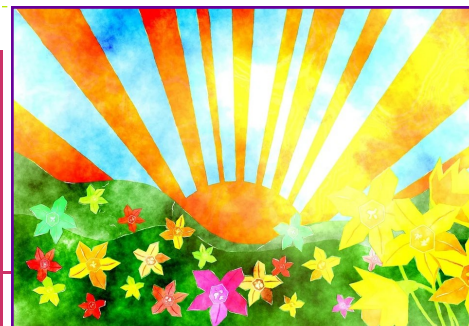
August 11 & 13

Ages 6-8—10:00 a.m.-11:30 p.m.

August 13

All campers & Families -6:30-7:30 p.m.

~Registration Required by August 7~



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PRE-REGISTRATION REQUIRED FOR ALL PROGRAMS

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.



Saturday, August 15

10:00 a.m. – 8:00 p.m.

Held at Terrapin Adventures

Cost: \$40/Participant

Space is limited

~Registration Required by August 3~



All necessary safety precautions will be taken and guidelines from the Centers for Disease Control and Prevention will be followed.

Please visit chesapeakelifecenter.org for more information.

Special Programs

Living with Loss~ The Impact of COVID-19

The coronavirus' impact on our communities, our families, and our world, has been enormous. While nearly everyone has experienced a Covid-19 related loss such as changes in how we interact, loss of a job or sense of security, for those who are also grieving a death-loss, whether from Covid-19 or other causes, the layers of grief can feel endless. Many have been restricted from seeing loved ones in their last days or been unable to gather with friends and family to mourn together and offer each other comfort. Join us for this informative evening as we explore the many ways our grieving process has been influenced by this pandemic and how we can support and help ourselves and others in coping with our grief.



August 5 | 6:00-8:00 p.m.

Cost: \$10.00 / Person

Registration required

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



Virtual Summer Book Group

Join us 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.

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~



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.