

Grief Support and Education PASADENA OFFICE



Groups individually listed as virtual or in-person.

All in-person groups require a mask and are limited to 6 people.

New Offering

Traumatic Loss Ten-Week Group

The Traumatic Loss group will focus on how to heal from death losses that involve trauma. We will create a safe space where you will learn skills of grounding, containing overwhelming feelings, releasing trauma from the body, and how to safely express the loss and its circumstances. The group will be led by two clinicians with expertise in traumatic loss.

*A ten-week commitment is required



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

October 13-December 15

To be held in-person

Please call if you are interested, as there will be a screening to ensure that the group is a good fit for you as a griever.

New Offering

Caregivers Six-week Support Group

A six-week facilitated group designed for those actively caring for a loved one with a chronic illness. This group will provide attendees with an opportunity to connect with other caregivers, learn about resources, coping strategies and more, in a safe therapeutic space.

Tuesdays: 6:00-7:00 p.m.

October 27-December 1

To be held in-person

*A six week commitment is required

New Monthly Offering

Exploring Grief through Art

A picture is worth a thousand words. No artistic ability or previous experience is required. We will meet together in a safe, creative and supportive space to use a wide range of art materials to express where we are on our grief journey.

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

November 5 & December 3

To be held in-person

*Registration required each month

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.

*Registration required each month for in-person group.

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

October 7, November 4 & December 2

To be held both virtually & in-person

Loss of Life Partner/Spouse

Monthly Morning Group

For individuals grieving a spouse or life partner.

Wednesday Mornings:
10:30 a.m.—Noon

October 21, November 18 & December 16

To be held virtually

Loss of Life Partner/Spouse

Monthly Evening Group

For individuals grieving a spouse or life partner.

*Registration required each month

Wednesday Evenings:
6:30-8:00 p.m.

October 21, November 18 & December 16

To be held in-person

Parent/Parental-Figure Loss Monthly Support Group

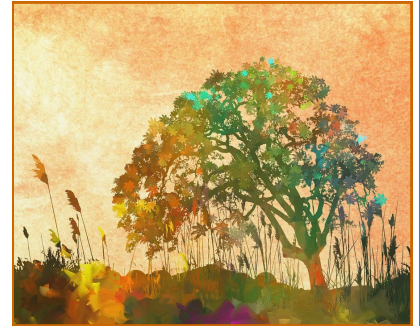
A monthly support group for adults grieving the death of a parent or parental figure.

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

October 28, November 25 & December 23

To be held virtually

October-December 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

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 may be cancelled due
to bad weather. Please call to
confirm.

PREREGISTRATION
REQUIRED FOR ALL
PROGRAMS

Please visit chesapeakelifecenter.org for more information.

Grief Support and Education Largo Office



Groups individually listed as virtual or in-person.



SoulCollage® Monthly 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.

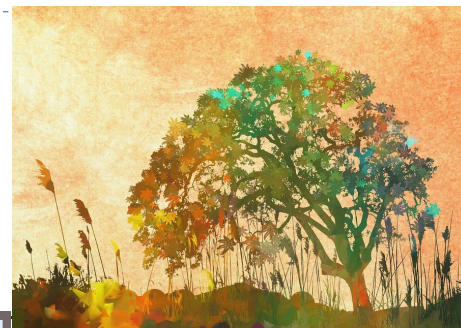
October 5, November 2 & December 7

Cost is \$10.00

*Registration required

To be held virtually

October-December 2020



Prince Georges County Family Day

Drive by & pick up a Grief & Gratitude box to decorate at home with the family and then join us for a virtual family event to share your box and family experience. Learn how grief may look a little different to each family member and how the holidays may impact your grief.



Grief & Gratitude Box Pickup

November 14-10:00-11:00 a.m.

**9500 Medical Center Drive
Largo, MD 20774**

**In the parking lot*

Virtual Family Discussion

November 19-6:30-8:00 p.m.

Free Event / Registration Required

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PREREGISTRATION REQUIRED FOR ALL PROGRAMS

Caring for the
Continuum of
L I F E

**20
20**

A Virtual Healthcare Symposium

October 24, 2020

7:45 a.m.-12:45 p.m.

As a healthcare organization, we recognize the impact that occurs when health and well-being are threatened by a serious illness or loss. As the COVID-19 pandemic has continued, we have also seen the significant impact it has had among racial and ethnic minority populations. In addressing the needs of these populations, we need to understand that cultural differences, traditions and family history can impact an individual and their family's ability to embrace end-of-life care, goals-of-care decision making, grief support and legacy planning. We see evidence every day that making decisions during a health crisis adds significantly to the confusion and burden experienced by patients and their families.

Join us for two presentations and a panel discussion

~A Free Event~

For more information and registration go to CARINGFORLIFEMD.ORG

Please visit chesapeakelifecenter.org for more information.

Grief Support and Education CHILDREN AND TEENS



Groups individually listed as virtual or in-person.



All in-person groups require a mask. Physical distancing will be practiced.

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.

**Space limited due to physical distancing*

Pasadena Office

Saturdays: 10:00 a.m.—Noon

**October 3, November 7 &
December 5**

To be held in-person

**Pre-registration required each
month**

October-December 2020



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.

**Space limited due to physical distancing*

Pasadena Office

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

**October 21, November 18 &
December 16**

To be held in-person

**Pre-registration required each
month**

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.

**Space limited due to physical distancing*

Pasadena Office

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

**October 21, November 18 &
December 16**

To be held in-person

**Pre-registration required each
month**

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 Family Day



Come share some time with the family. Have some lunch. Make a family flag. Go on a scavenger hunt. Learn how grief may look a little different for each family member.

October 3, 2020 | 11:30 a.m.-2:00 p.m.

To be held outside at the John & Cathy Belcher Campus

~Free of charge~

**PRE REGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.

Special Programs



Parenting while Grieving



Pizza for dinner again? Can't remember the last time you were able to use the restroom without an interruption. Dating? Where do we start? Managing life, kids, and grief but not feeling like you are doing any of them like a champ? This 2-hour honest conversation is about parenting while grieving. We will share skills, strategies, and stories. No judgement.

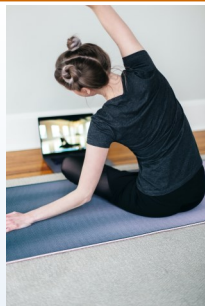
October 8, 2020 6:30—8:00 p.m.

Will be held in-person at our Pasadena Office

Limited Space/Masks Required

~No charge~

Registration Required



Nurturing the Grieving Heart through Yoga:

A Six-Week Virtual Workshop

Thursdays | October 8-November 12

6:00-7:15 p.m.

\$40/Participant

Registration Required

**For adults only*

Grievers & Caregivers welcome to this workshop!

Special program registration closes two days before the event.

Please call for availability after that date.

Quarterly Offerings

Every quarter we will offer a program under each of these series:

Book Group



Join us for conversations about where grief meets life in literature. Each quarter we will explore grief narratives through the lens of various authors. **No charge.**

Book Choice:

Anxiety: The Missing Stage of Grief: A Revolutionary Approach to Understanding and Healing the Impact of Loss
by Claire Bidwell Smith, LCPC

**Book must be purchased by participant*

November 11 | 10:00-11:30 a.m.

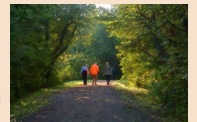
Group to be held both virtually and in-person

Grief Transformed

Grief isn't just one thing, one loss, one emotion. There are many ways to move through grief and loss. Come and discover what moves you on your grief journey. See what emerges when we do more than just talk it out.

Walk for Healing

Join other grievers as we walk through Quiet Waters Park and allow nature to hold our grief. This is an easy walk on a flat paved trail. We will gather together afterwards to share our experience and talk about ways to use nature as a healing force in our grief journey.



October 17 | 10:00 a.m. -12:00 p.m.

\$10.00/person (Plus park entrance fee-meet at Holly Pavilion)

Living with Loss Workshop

Through the Holidays



A virtual workshop to offer support, honor memories, and explore coping strategies during the holiday season.

December 3 | 6:00-8:00 p.m.

Cost: \$5.00 / person

Registration required for all quarterly offerings



Virtual Pet Loss Workshop



Thursday, November 5 | 6:00-8:00 p.m.

This virtual workshop, sponsored by Perfect Pet Resort, 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.

No Charge | Registration Required

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.