Grief Support and Education
VIRTUAL OFFERINGS

April-June 2021

SERVICES PROVIDED
• Short-term Grief Counseling
• Grief Support Groups
• Educational Workshops

ANNE ARUNDEL COUNTY
John & Cathy Belcher Campus
90 Ritchie Highway
Pasadena, MD 21122
888.501.7077
griefinfo@chesapeakelifecenter.org

PRINCE GEORGE’S COUNTY
9500 Medical Center Drive
Suite 250
Largo, MD 20774
888.501.7077
griefinfo@chesapeakelifecenter.org

SoulCollage® Monthly Support Group
Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process.
Mondays: 6:00 - 8:00 p.m.
April 5, May 3 & June 7

Six-Week General 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.
Tuesdays: 6:00-7:30 p.m.
April 6-May 11

Loss of Life Partner/Spouse Monthly Morning Group
For individuals grieving a spouse or life partner.
Wednesday: 10:30 a.m.—Noon
April 21, May 19 & June 16

Parent/Parental-Figure Loss Monthly Support Group
A monthly support group for adults grieving the death of a parent or parental figure.
Wednesday: 6:00-7:30 p.m.
April 28, May 26 & June 23

Hybrid Offering
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.
Wednesdays: 6:00-7:30 p.m.
April 7, May 5 & June 2

*Registration required each month for in-person group.

To be held both virtually & in-person

A Zoom link is sent by email to participants the day before each meeting.

Please visit chesapeakelifecenter.org for more information.
Grief Support and Education
IN-PERSON OFFERINGS

April-June 2021

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New Offering
Walking Group
Join other griever as we walk in various locations in Anne Arundel County and allow nature to hold our grief. These will be easy walks/hikes suitable for most fitness levels. We will gather together afterwards to share our experience and talk about ways to use nature as a healing force.

New Offering
Four-week Multi-Media Art Journaling Workshop
Grief has many layers and complex feelings that are often hard to put in words. We will create personalized multi-media grief art journals using a range of supplies. No artistic ability is required. Join us for this fun way to give the complexity of grief and healing a voice. Supplies will be provided.

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.

Loss of Life Partner/Spouse Monthly Evening Group
For individuals grieving a spouse or life partner.

Registration required each month for all in-person groups

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

New Offering
Walking Group
Saturdays
10:00 a.m.-12:00 p.m.
April 24, May 22 & June 26
To be held in Anne Arundel County

New Offering
Four-week Multi-Media Art Journaling Workshop
Tuesdays: 6:00-8:00 p.m.
May 4-May 25
To be held in Pasadena office
$40/participant
*A four-week commitment is required

Exploring Grief through Art
Thursdays: 6:00-7:30 p.m.
April 1, May 6 & June 3
To be held in Pasadena office

Loss of Life Partner/Spouse Monthly Evening Group
Wednesday Evenings:
6:30-8:00 p.m.
April 21, May 19 & June 16
To be held in Pasadena office

*Registration required each month

Please visit chesapeakelifecenter.org for more information.
Grief Support and Education
CHILDREN AND TEENS

All children & teen groups to be held in-person

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

**April-June 2021**

**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.
**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.

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**Children’s Offerings**

**Adventures in Grief**

Often grief is referred to as a journey, sometimes it feels more like a wild safari or other times like climbing up a mountain. Come and explore this grief adventure, how it looks and feels different for everyone, in a very physical way. Together we will reach new heights and support one another when faced with challenges. Ages 6-11 are welcome.

**May 15 | 10:00 a.m.-4:00 p.m.**

*Held at Terrapin Adventures*  
*In-person event*  
*Limited space available*

**Summer Grief Art Workshop**

Join us for this day-long art program designed to help younger children use art to gain support, express their feelings, and make their grief visible through arts and crafts. Ages 6-11 are welcome.

**June 26 | 10:00 a.m.-4:00 p.m.**

*In-person event/Limited space available*  
*Held in Anne Arundel County*  
*Location yet to be determined*

**Rhythm and Grieve**

Like other forms of art, music allows children in non-verbal ways to express their grief. In this workshop kids will be making their own instruments as a way to honor their loved ones, creatively express their emotions, and connect with others in the process. Get ready for grief out loud! Ages 6-11 are welcome.

**July 17 | 10:00 a.m.-4:00 p.m.**

*In-person event/Limited space available*  
*Held in Prince George’s County*  
*Location yet to be determined*

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**Quarterly Offerings**

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

**Grief through Literature**

Join us for conversations about where grief meets life in literature. Each quarter we will explore grief narratives through the lens of various authors. This group is appropriate for current grievers.

**Book choice:** *Modern Loss: Candid Conversation About Grief.* Beginners Welcome

~by Rebecca Soffer & Gabrielle Birkner

**May 14 | 10:00 -11:30 a.m.**

*Book must be purchased by participant*  
*Group to be held both virtually and in-person (in Pasadena office)*  
~No charge~

**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.

**Gardening & Healing**

*To plant a garden is to believe in tomorrow*  
– Audrey Hepburn

Join us as we plant new life and talk about how gardening can help reduce feelings of grief.

**April 10 | 10:00 a.m.–12:00 p.m.**

*To be held in-person at the Pasadena office*  
*$10.00/person*

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**Registration required for all quarterly offerings**

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

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Registration required for all special programs—call 888.501.7077.