

Grief Support and Education VIRTUAL OFFERINGS



January-March 2021



SoulCollage® Monthly Support Group Mondays: 6:00 - 8:00 p.m.

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

January 4, February 1 & March 1

Caregivers Monthly Support Group

A 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.

Wednesdays: 10:30 a.m.-12:00 p.m.

January 6, February 3 & March 3

Loss of Life Partner/Spouse Monthly Morning Group

For individuals grieving a spouse or life partner.

Wednesday: 10:30 a.m.—Noon

January 20, February 17 & March 17

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.

January 27, February 24 & March 24

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.

*Registration required each month for in-person group.

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

January 6, February 3 & March 3

To be held both virtually & in-person

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.

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

**PREREGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.

Grief Support and Education IN-PERSON OFFERINGS



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



Traumatic Loss Eight-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.

*An eight –week commitment is required

Thursdays: 6:00-8:00 p.m.

February 18-April 8

To be held in Pasadena office

\$75/Participant

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.

*A six week commitment is required

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

March 2-April 6

To be held in Pasadena office

No Charge

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.

*A six week commitment is required

Thursdays: 10:00-11:30 a.m.

January 28-March 4

To be held in Pasadena office

\$60/participant

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.

*Registration required each month

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

January 7, February 4 & March 4

To be held in Pasadena office

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.

January 20, February 17 &

March 17

To be held in Pasadena office

January-March 2021



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- Short-term Grief Counseling
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PREREGISTRATION REQUIRED FOR ALL PROGRAMS

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.

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

**January 9, February 6 &
March 6**

To be held in-person in Pasadena

**Pre-registration required each
month**



January-March 2021

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.

**January 20, February 17 &
March 17**

To be held in-person in Pasadena

**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.

**January 20, February 17 &
March 17**

To be held in-person in Pasadena

**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

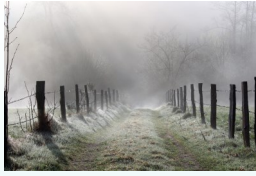
**PRE REGISTRATION
REQUIRED FOR ALL
PROGRAMS**

Please visit chesapeakelifecenter.org for more information.

Special Programs



Winter Walk



Even in winter, nature has gifts for us, healing to offer. Join other grieverers as we take a mid-winter “slow walk” through one of the lovely parks in Prince George’s County. This walk will focus on developing our awareness of our natural surroundings and how this can help in coping with loss. There will be time for discussion and reflection. The walk will be for all fitness levels on an easy trail.

Monday, February 8, 2021

10:30 a.m.-12:00 p.m.

Registration Required

Limited Space/Masks Required

~No charge~



Nurturing the Grieving Heart through Yoga:

A Six-Week Virtual Workshop

Thursdays | January 21-February 25

6:00-7:15 p.m.

We invite participants who prefer using a chair versus the floor to join us. All levels of experience are welcome!

\$40/Participant

Registration Required

***For adults only**

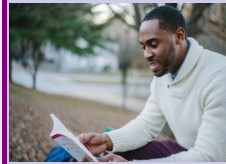
Special program registration closes two days before the event.

Please call for availability after that date.

Quarterly Offerings

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

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 grieverers.

Book choice: *The Fault in Our Stars* ~by John Green

February 5 | 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.



Journaling: Getting Grief Out

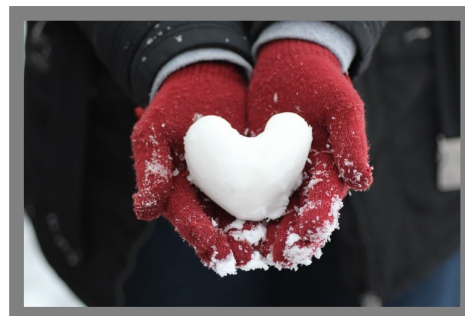
Journaling through grief is one way to get thoughts outside of ourselves but with very little risk. There is no one to judge or tell us if we are getting grief right when it’s our grief, expressed in our words, on a page. This workshop is invitational. There is no expectation of sharing (unless you want to) and no need to even like or be good at journaling. You will be offered prompts for reflection and space to give voice to all the feelings surfacing through your experience of loss. Journals will be provided.

February 16 | 10:00 a.m. –12:00 p.m.

To be held in-person in the Pasadena office

\$10.00/person

Registration required for all quarterly offerings



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.