

# Grief Support and Education VIRTUAL OFFERINGS



**April-June 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.

**April 5, May 3 & June 7**

**Six-Week General Grief Support Group** Tuesdays: 6:00-7:30 p.m.

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.

**April 6-May 11**

\*A six-week commitment is required

**Loss of Life Partner/Spouse Monthly Morning Group**

**Wednesday: 10:30 a.m.—Noon**

For individuals grieving a spouse or life partner.

**April 21, May 19 & June 16**

**Parent/Parental-Figure Loss Monthly Support Group**

**Wednesday: 6:00-7:30 p.m.**

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

**April 28, May 26 & June 23**

**Hybrid Offering**

**Child Loss Monthly Support Group**

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

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.

**April 7, May 5 & June 2**

\*Registration required each month for in-person group.

**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](mailto: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 check  
your emails for updates.**

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

**PREREGISTRATION  
REQUIRED FOR ALL**

**Please visit [chesapeakelifecenter.org](http://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

**April-June 2021**

## **New Offering** **Walking Group**

Join other grieverers 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.



**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**

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.

**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



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**IF YOUR LOSS IS RECENT, PLEASE CONTACT US BEFORE ATTENDING A GROUP.**

## **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.**

**April 1, May 6 & June 3**

**To be held in Pasadena office**

\*Registration required each month

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

## **Loss of Life Partner/Spouse Monthly Evening Group**

For individuals grieving a spouse or life partner.

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

**April 21, May 19 & June 16**

**To be held in Pasadena office**

\*Registration required each month

**Our groups, workshops & events in each county may be cancelled due to bad weather. Please check your emails for updates.**

Registration required each month for all in-person groups

PREREGISTRATION  
REQUIRED FOR ALL PROGRAMS

**Please visit [chesapeakelifecenter.org](http://chesapeakelifecenter.org) for more information.**

# Grief Support and Education CHILDREN AND TEENS



All children & teen groups to be held in-person

April-June 2021



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

April 3 (No May–August meetings)

To be held in-person in Pasadena

Pre-registration required each month

See back page for summer offerings

## 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.

April 21, May 19 & June 16

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.

April 21, May 19 & June 16

To be held in-person in Pasadena

Pre-registration required each month

## Teen Adventures in Grief

Come for a day-long interactive experience where teens, ages 12-18 (Teens entering 6th -12th grade), will learn more about grief together. Using team building and each other, We provide 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 14 10:00 a.m.–6:00 p.m.



Held at Terrapin Adventures

Cost: \$40/Participant (Scholarships Available)

Space is limited

~Registration Required by August 2~

## 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](http://chesapeakelifecenter.org) for more information.

# Special Programs

## Children's Offerings

Pick which one interests your child!

### *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

Fee: \$40/Offering (Scholarships Available)

*Registration required for all children's offerings*

## 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

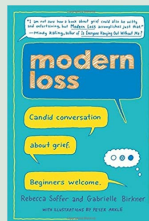
~by Rebecca Soffer & Gabrielle Birkner

**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**

**Registration required for all quarterly offerings**

**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.**