



July-September 2021

Grief Support and Education VIRTUAL OFFERINGS



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.

September 13

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.

September 14-October 19

**A six-week commitment is required*

The monthly support groups listed below are for adults grieving a death and seeking support with others who are also grieving a similar type of loss.

Loss of Life Partner/Spouse Monthly Morning Group

Wednesday: 10:30 a.m.—Noon

September 15

Parent/Parental-Figure Loss Monthly Support Group

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

September 22

Hybrid Offering

Child Loss Monthly Support Group

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

September 1

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

To be held both virtually & in-person

Pre-registration required for all groups

Virtual groups may change to in-person as CDC guidelines & company policies are updated.

**Contact us at 888.501.7077 or griefinfo@chesapeakelifecenter.org
Please visit chesapeakelifecenter.org for more information.**

Grief Support and Education IN-PERSON OFFERINGS



July-September 2021

Group restrictions will be updated using the most recent CDC guidelines & company policies prior to each group.



Walking Group

Join other grieverers as we walk at Quiet Waters Park, 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.

September 25

To be held at Quiet Waters Park
600 Quiet Waters Park Rd
Annapolis, MD 21403

\$10 supply fee/month

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.

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

September 16-October 21

To be held in Pasadena office

*A six-week commitment is required

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.

September 2

To be held in Pasadena office

Loss of Life Partner/Spouse Monthly Evening Group

For individuals grieving a spouse or life partner.

Wednesday Evenings:

6:30-8:00 p.m.

September 15

To be held in Pasadena office

SUPPORT GROUP INFORMATION

- **Childcare is not provided and children are not permitted in the adult groups.**
- **If your loss is recent, please contact us before attending a group.**
- **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

Contact us at 888.501.7077 or griefinfo@chesapeakelifecenter.org

Please visit chesapeakelifecenter.org for more information.

Grief Support and Education CHILDREN AND TEENS



Group restrictions will be updated using the most recent CDC guidelines & company policies prior to each group.

July-September 2021



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.

Saturdays: 10:00 a.m.—Noon

September 11 (No group July & August)

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.

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

September 15 (No group July & August)

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.

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

September 15 (No group July & August)

CHILDREN & TEEN SUPPORT GROUP INFORMATION

- Children & Teen groups are held in-person in the Pasadena office.
- Cost is \$10/person, maximum \$20/family.
- A meal is provided.
- Space limited due to physical distancing. All in-person groups require a mask.
- Pre-registration required each month

Please see separate flier for children & teen summer offerings

Chesapeake Life Center General Information

SERVICES PROVIDED

- Short-term Grief Counseling (Ages 5 & up)
- Grief Support Groups
- Educational Workshops

OFFICE LOCATIONS

ANNE ARUNDEL COUNTY

John & Cathy Belcher Campus
90 Ritchie Highway
Pasadena, MD 21122

CHARLES COUNTY

2502 Davis Road
Waldorf, MD 20603

PRINCE GEORGE'S COUNTY

9500 Medical Center Drive – Suite 250
Largo, MD 20774

888.501.7077

Griefinfo@chesapeakelifecenter.org

FEES FOR SERVICE

For Hospice of the Chesapeake Family members:

- Support groups and short-term counseling (up to 10 sessions) offered 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 members:

- Initial counseling visit of one hour is \$60; subsequent sessions fee will be 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

Special Programs



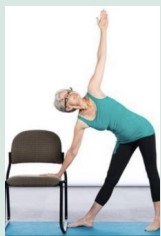
Grief Yoga

Nurturing the Grieving Heart through Yoga:

A Four-Week Virtual Workshop

The pain of grief is often felt physically as well as emotionally. During this 4-week workshop you will be offered the opportunity to explore how grief shows up in your mind and body. This gentle exploration reveals a compassionate way to journey through your suffering toward a healing path. While there is no timeline for grief, allowing, rather than resisting releases necessary energy for moving through grief as it comes.

Wednesdays | August 4-August 25
6:00-7:30 p.m.



Taught by instructor Cathy Rees

\$40/Participant (For adults only)

No experience required

Prince Georges County Walk

Join us for a peaceful Fall walk around beautiful Lake Artemesia (centrally located in Prince George's County near the communities of Greenbelt and Berwyn Heights). We will reflect on this season of new beginnings and nature's capacity to provide healing times of grief.

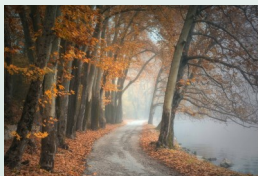
Monday, September 27

11:00 a.m.-12:30 p.m.

Space is Limited

~No charge~

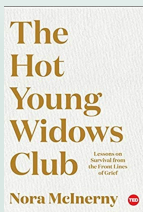
Held at Lake Artemesia
8200 55th Ave
College Park, MD 20740



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: *The Hot Young Widow's Club*
~by *Nora McInerney*



July 19 | 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~

Living with Loss

Grief is a natural response to the death of a loved one, and uniquely affects each person physically, emotionally, mentally, spiritually, and socially. Join us as we provide an introduction to the universal grief process as well as the unique ways people will experience and express grief.

August 4 | 6:00-8:00 p.m.

To be held virtually through zoom

~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.

Cooking While Grieving

Someone once said that another part of grief is learning to cook for oneself! Come, share a meal and conversation about what it's like to cook and dine after a loss. In partnership with Whole Foods Annapolis, join others who are grieving for a chef-prepared small group dinner at Whole Foods. **Space is limited.**

September 29 | 6:30-8:30 p.m.

Cost : \$25.00 per person

Held at Whole Foods in Annapolis
200 Harker Pl., Ste 100
Annapolis, MD 21401



Event restrictions will be updated using the most recent CDC guidelines & company policies prior to each program.

Registration required for all special programs—call 888.501.7077.

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.