



Professional Continuing Education

Chesapeake Life Center provides continuing education opportunities for professionals on topics such as grief, traumatic loss, children and grief, and loss due to overdose or suicide. Chesapeake Life Center at Hospice of the Chesapeake is approved by the Maryland Board of Social Work Examiners to sponsor continuing education.

Grief-related Workshops and Seminars

Chesapeake Life Center hosts several grief workshops and seminars for community members throughout the year to provide an overview of grief, grieving styles and coping strategies. These may include:

- Holiday-specific programs
- Understanding grief
- Helping grieving children and families
- Pet loss

Our trained staff also provides consultation and professional presentations to local businesses, schools, and religious and community organizations.



Fees for Services

Chesapeake Life Center offers grief support to anyone grieving the loss of a loved one in the community regardless of their relationship to hospice. Hospice of the Chesapeake family members may receive short-term grief counseling and attend support groups at no charge for up to 13 months after the death of a loved one.* For community members, we utilize a sliding fee scale for our counseling services, grief support groups and workshops.

*Please see our program schedule or call 888.501.7077 for specialty program fees. Certain groups and workshops may have a nominal fee for supplies.

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Prince George's County
9500 Medical Center Drive • Suite 250
Largo, MD 20774

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410.987.2129 - phone
443.837.1505 - fax

hospicechesapeake.org

The public may contact the U. S. Department of Health & Human Services, Office of Civil Rights (OCR) to report any concerns or register complaints or file a complaint by visiting www.hhs.gov/ocr or call OCR's toll free number at 800.368.1019 or 800.537.7697 (TDD) to speak with someone who can answer your questions and guide you through the process.

Hospice of the Chesapeake is a 501(c)(3) not-for-profit organization. A copy of our current financial statement is available upon request by contacting Hospice of the Chesapeake at 410.987.2003. For the cost of copying and postage, documents and information submitted under the Maryland Charitable Solicitations Act are available from the office of the Secretary of State, State House, Annapolis, MD 21401, call 410.974.5534.

Hospice of the Chesapeake complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you need language assistance services, they are available to you, free of charge call 410.987.2003.

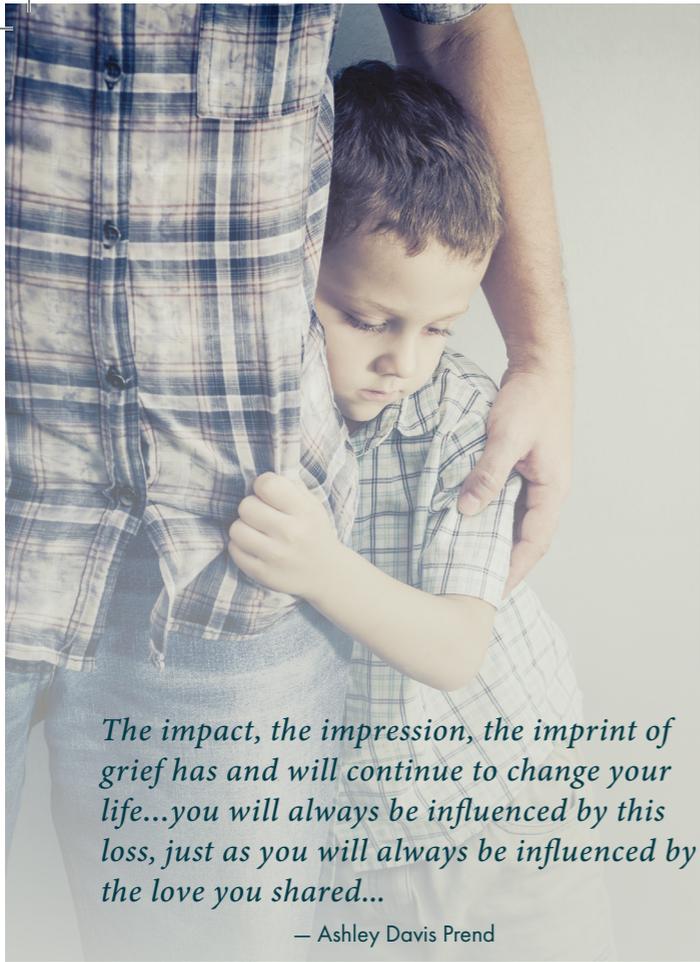
Hospice of the Chesapeake cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 410.987.2003.

Hospice of the Chesapeake 遵守適用的聯邦民權法律規定，不因種族、膚色、民族血統、年齡、殘障或性別而歧視任何人。注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 410.987.2003。

Living with Loss



 **chesapeake**
life center



The impact, the impression, the imprint of grief has and will continue to change your life...you will always be influenced by this loss, just as you will always be influenced by the love you shared...

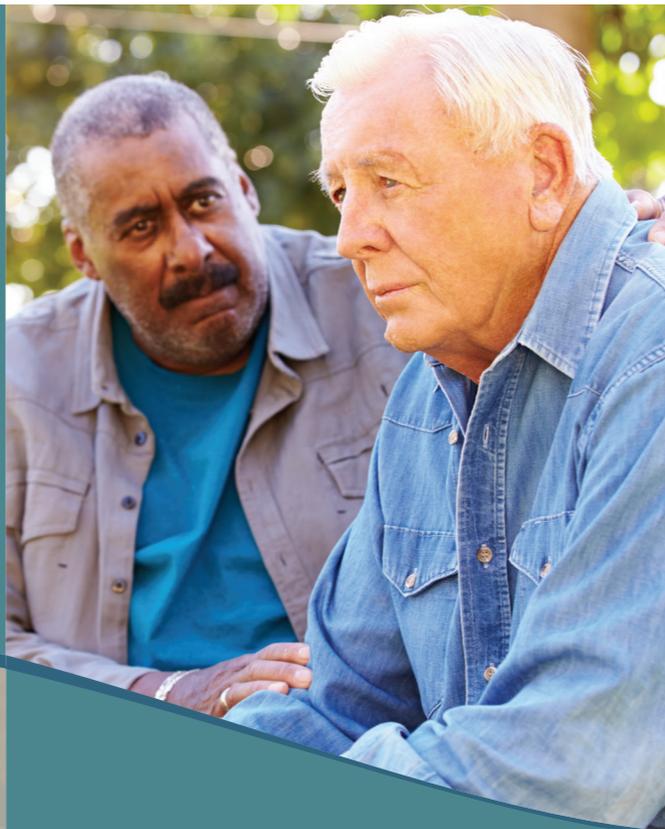
— Ashley Davis Prend

Grief is a natural, healthy response to a loss. While there are common elements of grief, each individual grieves at their own pace and in their own way. Chesapeake Life Center provides holistic grief and trauma counseling to meet the needs of individuals, families, and the community.

Our professional team is comprised of counselors specializing in grief and loss, masters-level interns, and trained volunteers. We offer individual and family grief counseling, support groups, community education, children's programs, and professional trainings. We provide resources to foster healing and growth for people in places of transition resulting from the death of a loved one. These services are available to hospice families, and to anyone grieving in the community.

Family-centered Grief Support

Recognizing that death of a loved one impacts everyone in the family, including children and teens, Chesapeake Life Center specializes in family-centered grief support. This approach is especially helpful for families with children and teens where adults may be struggling with their own grief while trying to guide children through the difficult feelings associated with grief. Trained child and family counselors support families in developing strategies to better understand and support each other through loss. Family counseling may be scheduled by calling for an appointment.



Counseling

Short-term grief counseling for individuals and families is an opportunity to explore grief and discover avenues for growth. The goals of counseling are to help reduce feelings of distress, increase personal awareness and insight, manage anxiety, and explore coping strategies. Appointments are available for adults and children individually, as well as for families.

Support Groups for Adults

Facilitated support groups create an environment of safety and trust that encourages individuals to explore the grief process and ways to navigate it. Chesapeake Life Center offers general grief support groups as well as loss of life partner or spouse, child loss, parent loss, and traumatic loss groups including those that offer support after suicide and overdose loss.

For Children and Families

In addition to family grief counseling, our services include support groups for children and teens.

Stepping Stones

This monthly support group is for children ages 6 to 12 who are grieving the death of a loved one. Group members explore their grief together through shared experiences, guided discussions, and arts and crafts projects.

Pre-Teen Group

Monthly support group for pre-teens who are too mature for Stepping Stones but not quite ready for Phoenix Rising.

Phoenix Rising Teen Group

This monthly support group provides teens a safe and brave place to connect with others who are also grieving the death of a loved one.

Camps and Workshops

Camp programs welcome children and teens who are grieving the death of a loved one. Participants can expect to:

- Share feelings and memories in a safe, accepting environment.
- Discover that they are not alone.
- Learn about the grief process.
- Explore coping strategies.
- Make new friends and have fun.

For a full listing of support groups and offerings, please visit us at www.chesapeakelifecenter.org or call 888.501.7077.