

Grief Support and Education



October-December 2021



Living with Suicide Loss

Living with loss after a suicide death brings an intense range of emotions along with many questions that may be impossible to answer. Because this loss is sudden and often unexpected, coming to terms with it may be made even more difficult by the challenges it presents to the griever's basic beliefs about how life should unfold. This workshop is designed for adults grieving a loved one due to suicide. Come for conversation and explore together what helps and what remains after a loss like no other.

October 13 | 6:00-8:00 p.m.

In-person event (in Pasadena office) | \$10/Participant | Light refreshments will be served

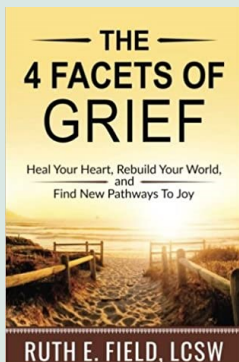
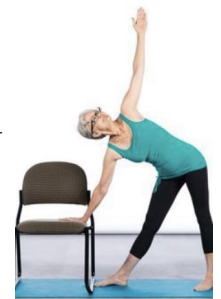
Nurturing the Grieving Heart through Yoga: A Four-Week Virtual Workshop

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. Taught by instructor Cathy Rees.

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

November 3-December 1 (no class the week of Thanksgiving)

\$40/Participant (For adults only) | No experience necessary



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 4 Facets of Grief: Heal Your Heart, Rebuild Your World, and Find New Pathways to Joy
by Ruth E. Field, LCSW**

**Book must be purchased by participant*

Wednesday, November 3 | 10:30 a.m. – 12:00 p.m.

Group to be held both virtually and in-person (in Largo office)

~No charge event~

Living with Loss through the Holidays

A workshop to offer support, honor memories, and explore coping strategies during the holiday season. There are two offerings.

Thursday, December 9

**10:00 a.m.-12:00 p.m.-In-person (in Largo office) & virtual
6:00-8:00 p.m.-In-person (in Pasadena office)**

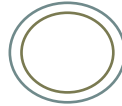
\$10/participant | Light refreshments will be served





October-December 2021

Grief Support and Education VIRTUAL MONTHLY OFFERINGS



SoulCollage® Monthly Support Group

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

Monday: 5:00 - 8:00 p.m.

October 4, November 1 & December 6

To be held both virtually & in-person (Largo)

New Offering

Grief Yoga Monthly Support Group

The monthly yoga group is for past participants of the four-week yoga workshop who are looking for continued support for mind and body during their grief journey.

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

October 14, November 11 & December 9

*Previous participation in four-week grief yoga workshop 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

October 20, November 17 & December 15

Parent/Parental-Figure Loss Monthly Support Group

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

October 27, November 24 & December 22

Child Loss Monthly Support Group

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

October 6, November 3 & December 1

*Registration required each month for in-person group.

To be held both virtually & in-person (Pasadena)

Pre-registration required for all groups. Fees explained on back page.

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

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



October-December 2021



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*

Tuesday: 5:30-7:30 p.m.

October 26-December 14

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.

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.

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

October 7, November 4 & December 2

To be held in Pasadena office

Loss of Life Partner/Spouse Monthly Evening Group

For individuals grieving a spouse or life partner.

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

October 20, November 17 & December 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. Fees explained on back page

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.

October-December 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

October 2, November 6 & December 4

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.

October 20, November 17 & December 15

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.

October 20, November 17 & December 15

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. Pre-registration currently required each month.

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
2505 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

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.