

# Grief Support and Education



January-March 2022



## Living with Loss~Later in Life

*The pine stays green in winter... wisdom in hardship.—Norman Douglas*

Aging confronts us with a variety of changes—deaths of loved ones, changes in health status and living situations. We are reminded, as writer Judith Viorst states, “**we lose not only through death, but also by leaving and being left, by changing and letting go and moving on.**” These losses of age offer both challenges and opportunity. This workshop invites older adults to explore these changes and consider new perspectives for developing and strengthening coping strategies in the “winter” of your life.

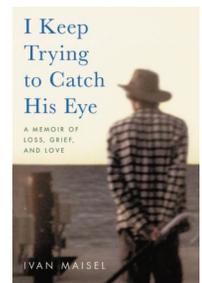
**Thursday, January 27 | 10:30 a.m.-12:00 p.m.**

Both an in-person event (in Largo office) & virtual | \$10/Participant | Light refreshments will be served

**Grief through Literature:** Join us for conversations about where grief meets life in literature.

### *I Keep Trying to Catch His Eye* By Ivan Maisel

In February 2015, ESPN commentator Ivan Maisel received a call that would alter his life forever: his son Max's car had been found abandoned in a parking next to Lake Ontario where he took his life. “*I Keep Trying to Catch His Eye* explores with grace, depth, and refinement the tragically transformative reality of losing a child. But it also tells the deeply human and deeply empathetic story of a father's relationship with his son, of its complications, and of Max and his son Ivan's struggle. *I Keep Trying to Catch His Eye* is a stunning, poignant exploration of the father and son relationship, of how our tendency to overlook men's mental health can have devastating consequences, and how ultimately letting those who grieve do so openly and freely can lead to greater healing.”



**Monday, February 7 | 5:30-7:00 p.m.**

Group to be held in-person (in Pasadena office) | No charge event | Book must be purchased by participant



## Cocoa and Canvas

Creating art accesses both mind and body to promote healing after loss. Join us for a kid-friendly family evening creating your unique family tree. Paint and supplies will be provided as well as sweet treats.

**Wednesday, February 23 | 6:00-7:30 p.m.**

To be held in-person (in Largo 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.

**Thursdays | 9:00-10:30 a.m. | February 17-March 10**

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



## Smash & Mend

Often times our grief leaves us feeling shattered and broken. Through grief work and healing, after a significant loss, we begin to rebuild and redefine ourselves. In this expressive arts workshop we will engage in the cathartic process of smashing ceramics and then use the broken pieces to create something new in the form of a mosaic project.

**Saturday, March 19 | 10:00 a.m.-12:00 p.m.**

Group to be held in-person (in Pasadena office) | \$25/Participant





# Grief Support and Education

## Outdoor Offerings

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### Winter Nature Mandala Workshop

Join us in the restorative practice of creating nature mandalas. By slowing down and listening to the voices of nature, we gain an opportunity to know ourselves and the healing qualities of mother nature. We will meet outdoors on our Pasadena campus to gather natural materials and create seasonal nature mandalas.

**Friday, February 18 | 1:00-3:00 p.m.**

Held in-person at the Pasadena office | \$10/participant

### Prince George's County Walk

Join us for a peaceful winter 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 quietude to provide healing times in grief.

**Monday, March 21 | 11:00 a.m.-12:30 p.m.**

Held at Lake Artemesia - 8200 55th Ave College Park, MD 20740 | No cost event



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

## Multiple Week Offerings

### General Four-week Grief Group (Two offerings)

*A facilitated four-week support group offering attendees an opportunity to explore grief themes and share strategies for navigating grief in a community of trust.*

\*A four-week commitment is required

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

**February 3-February 24**

Offering available in-person in Pasadena office & in-person in Waldorf office

\$40/participant

### 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.**

**March 22-May 10**

To be held in-person 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.

### Parent Loss Four-Week Group

*A four-week series will focus on exploring the loss of a parent/parent-figure. Whether you are grieving the loss of a parent or someone who was like a parent, wherever you are in your grief process, whatever the relationship, you are welcome to attend this four-week program where we will explore themes related to the uniqueness of parental loss. In order to benefit from the entire group experience, a four week commitment is required.*

\*A four-week commitment is required

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

**March 3-March 24**

To be held in-person in Pasadena office

\$40/Participant



# Grief Support and Education MONTHLY OFFERINGS

January-March 2022

## 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.

January 10, February 7 & March 7

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

### **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.

January 13, February 10 & March 10

\*Previous participation in four-week grief yoga workshop required

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

For individuals grieving a spouse or life partner.

Wednesday: 10:30 a.m.—Noon

January 12, February 9 & March 9  
(Take note of change of week)

### **Child Loss Monthly Support Group**

For parents grieving the death of a child, regardless of age or circumstance.

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

January 5, February 2 & March 2

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

## In-person Monthly Offering

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

For individuals grieving a spouse or life partner.

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

January 12, February 9 & March 9  
(Take note of change of week)

To be held in Pasadena office

Pre-registration required for all groups. Registration required monthly for in-person groups.  
Fees explained on back page.

### ADULT 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.

Contact us at 888.501.7077 or [griefinfo@chesapeakelifecenter.org](mailto:griefinfo@chesapeakelifecenter.org)  
Please visit [chesapeakelifecenter.org](http://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.

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### **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**

**January 8, February 5 & March 5**

### **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.**

**January 19, February 16 & March 16**

### **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.**

**January 19, February 16 & March 16**

#### 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.

## 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**  
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.*