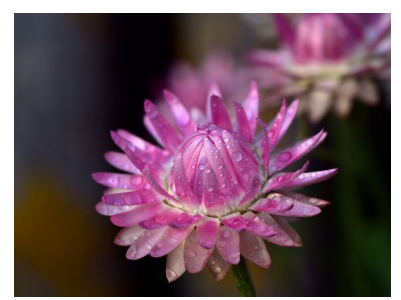


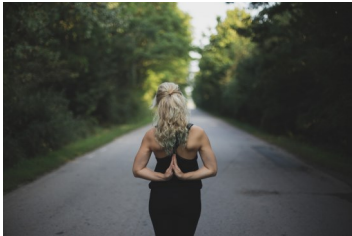
Grief Support and Education



July-September 2022

Living with Loss ~ Grief and Movement

“Yoga teaches us to cure what need not be endured and endure what cannot be cured.” BKS IYENGAR



Movement has long been used to help those who are grieving cope with the impact of the loss. Physical activity may benefit griever by alleviating many of the overwhelming emotions that follow a loss while also creating a sense of freedom and enabling the expression of emotions. This Grief and Movement event will explore the connection between mind and body as participants journey towards a path of healing. Aspects of yoga including gentle stretching, breathwork and mindful walking techniques will be used.

Friday, August 19 | 10:00 a.m.-12:00 p.m.

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

Quarterly Child Loss Support Workshop

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

September 7 | 5:30-7:30 p.m.

To be held in-person (in Pasadena office)

\$10/Participant



Traumatic Loss Six-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.



September 13-October 18 | Tuesdays: 5:30-7:30 p.m.

To be held in-person in Pasadena office

\$60/Participant

**A six-week commitment is required*

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.

Family Night

Join us for a family night in Prince George's County. We will be using creative expression to cope with the grief process.

Thursday, September 29 | 6:00-8:00 p.m.

Group to be held in-person (location to be announced)

\$25/Family





Grief Support and Education

SUMMER CHILDREN & TEEN OFFERINGS

July-September 2022



Take Flight

Come to the College Park Airport and the Aviation Museum for an interactive workshop experience where elementary school children, ages 6-12, can explore their grief, make friends, and have a lot of fun! Through art, play, conversations, and support, children will develop new ways that help with the difficult task of grieving, while learning they are not alone. Includes an activity in the Aviation Museum.

July 16 | 10:00 a.m.-3:00 p.m. | Cost :\$40 | Lunch provided

Held at College Park Airport Operations Building (Adjacent the College Park Aviation Museum)
1985 Corporal Frank Scott Drive College Park, MD 20740

Rhythm & Grieve

Music allows children to express their grief through sound, art, and movement. In this workshop kids will start by engaging their bodies through music and yoga. They will then make their own drum 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! Elementary school children, ages 6-12, are welcome.



July 22 | 2:30-6:30 p.m. | Cost: \$40 | Dinner provided

Held at Yoga Barn
44 W Earleigh Heights Rd Severna Park, MD 21146

Grieving with Horses

Horses are incredibly sensitive to human emotions and their emotional intelligence can be a helpful tool in one's journey through grief. Teens and preteens are invited to join us for a day of horse centered therapeutic activities in collaboration with Maryland Therapeutic Riding in Crownsville. No horse experience is needed and all activities are unmounted.

August 12-Pre-teen (ages 11-13 entering 6-8 grade)

August 19-Phoenix Rising (ages 13-18 entering 9-12 grade)

10:00-a.m.-3:00 p.m. | Cost: \$40 | Lunch provided

Held at Maryland Therapeutic Riding Center
1141 Sunrise Beach Rd Crownsville, MD 21032



Registration required for all summer children & teen offerings

~Scholarships available~

Contact us at 888.501.7077 or griefinfo@chesapeakelifecenter.org



Grief Support and Education

ADULT MONTHLY OFFERINGS



July-September 2022

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.

September 12

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

Loss of Life Partner/Spouse Monthly Morning Support Group

For individuals grieving a spouse or life partner.

Wednesday: 10:30 a.m.—Noon

September 14

To be held virtually through Zoom

Loss of Life Partner/Spouse Monthly Evening Support Group

For individuals grieving a spouse or life partner.

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

September 14

To be held in-person in the 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.**
- **Group restrictions will be updated using the most recent CDC guidelines & company policies prior to each group.**

Contact us at 888.501.7077 or griefinfo@chesapeakelifecenter.org

Grief Support and Education

CHILDREN & TEEN MONTHLY OFFERINGS



July-September 2022

Stepping Stones (ages 6-12 years)

A monthly group where children come together to participate in a variety of activities to commemorate their loved one, all while getting to know other children who can relate to their experiences of loss and grief. Group includes a breakfast.

Saturdays: 10:00 a.m.—Noon

September 10

Pre-teen Group (11-13 years)

A monthly support group for pre-teens (and early teens) in middle school 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 21

Phoenix Rising teens (13-18 years)

A monthly support group for teens in high school to connect with others who are also grieving the death of a loved one. Group will include a light dinner and get-to-know you activities.

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

September 21

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

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.