



Grief Support and Education

October-December 2022

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, October 21 | 10:00 a.m.-12:00 p.m.

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

Quarterly Child Loss Support Workshop

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

Wednesday, November 2 | 5:30-7:30 p.m.

To be held virtually
\$10/participant



Living with Loss through the Holidays



Workshops for adults to offer support, honor memories, and explore coping strategies during the holiday season.

Saturday, November 19

10:00 a.m. -12:00 p.m.-In-person (Calvert Burnett Hospice House)

Wednesday, December 7

5:30-7:30 p.m.-both virtually & in-person (Largo office) | 5:30-7:30 p.m.-In-person (Pasadena office)

Holiday grief workshops for children & teens (6-18 years old). Join us for holiday-themed activities that will help you learn about getting through the holidays without your special person.

December 7 | 5:30-7:30 PM-To be held in-person (Pasadena Office)

December 14 | 5:30-7:30 PM-To be held in-person (Calvert Library Prince Frederick)

~\$10/participant | Light refreshments will be served~



Grief Support and Education

ADULT MONTHLY OFFERINGS

October-December 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.

October 3, November 7 & December 5

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

October 12, November 9 & December 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.

October 12, November 9 & December 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.



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CHILDREN & TEEN MONTHLY OFFERINGS

October-December 2022

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.

October 19 & November 16

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.

October 19 & November 16

We invite children and teens (6-18 years old) to join us for a Holiday grief workshop.
More information on front page of guide.

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

Contact us

888.501.7077

griefinfo@chesapeakelifecenter.org



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

CALVERT COUNTY

238 Merrimac Court
Prince Frederick, MD 20678

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

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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

*Please reach out for assistance if cost is a hardship.

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.