



Serving families in Anne Arundel, Calvert,
Charles and Prince George's Counties.



Living with Loss

Grief is a natural, healthy response to loss. While there are common elements of grief, each individual grieves at their own pace and in their own way. Our specially trained team provides holistic grief support that meets the needs of those grieving.

We offer individual and family grief support sessions, ongoing support groups, children's programming, community education and professional trainings on grief and loss. Our services are available to hospice families and anyone grieving in the community.

Family-centered Grief Support

Recognizing that the death of a loved one impacts everyone in the family, including children and teens, the 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. Our team members support families in developing strategies to understand and support each other through loss.

Individualized Grief Support

Short-term grief support sessions 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.

Support Groups

Facilitated support groups create an environment of safety and trust that encourages individuals to explore the grief process and learn ways to navigate loss. We offer grief support groups specific to your needs, including to the unique type of loss and age group.

Support groups welcome all to share feelings and memories in a safe, accepting environment and learn about the grief process.

Programs available for adults, children and teens.



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



Living with Loss Workshops and Education

Throughout the year we offer grief workshops for the community on various topics and utilize activity-based tools for coping. These may include grief at the holidays, yoga, cooking and other integrative arts.

Our team is available to provide grief education to local businesses, schools, community organizations and professionals.

Anne Arundel County

John & Cathy Belcher Campus
90 Ritchie Highway • Pasadena, MD 21122

Calvert County

PO Box 838 • 238 Merrimac Court
Prince Frederick, MD 20678

Charles County

2505 Davis Rd
Waldorf, MD 20603

Prince George's County

9500 Medical Center Drive • Suite 250
Largo, MD 20774

888.501.7077 - toll free
410.987.2129 - phone • 443.837.1505 - fax

chesapeakelifecenter.org

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 support 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 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.

*there
when you need us*