

# Adult Grief Support and Education

2nd Quarter 2023

## Monthly Offerings

### **SoulCollage®**

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

MONTHLY

VIRTUAL & IN-PERSON

### **Largo Office**

April 3, May 1, June 5  
5 - 8 pm  
\$10

### **Drop-In Grief Support Group**

Drop-in grief support groups are open to anyone grieving. Groups offer participants an opportunity to share their feelings and obtain support from others who are experiencing loss.

MONTHLY

IN-PERSON

### **North Beach Senior Center**

9010 Chesapeake Ave.  
North Beach  
April 5, May 3, June 7  
1 - 2 pm  
FREE

### **Southern Pines Senior Center**

20 Appeal Ln.  
Lusby  
April 11, May 9, June 13  
2 - 3 pm  
FREE

### **Calvert Pines Senior Center**

450 W. Dares Beach Rd.  
Prince Frederick  
April 18, May 16, June 20  
1 - 2 pm  
FREE

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

A support group for individuals grieving the loss of a spouse or life partner.

MONTHLY

VIRTUAL

### **Zoom**

April 12, May 10, June 14  
10:30 am - 12:00 pm  
\$10

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

A support group for individuals grieving the loss of a spouse or life partner.

MONTHLY

IN-PERSON

### **Pasadena Campus**

April 12, May 10, June 14  
6:30 - 8:00 pm  
\$10

## Quarterly Offerings

### **Child Loss Support**

A support group for parents grieving the death of a child, regardless of age or circumstance.

QUARTERLY

VIRTUAL

### **Zoom**

April 5  
6:00 - 7:30 pm  
\$10

### **Grief and Movement**

Movement has long been used to help those who are grieving cope with the impact of the loss. Aspects of yoga including gentle stretching, breathwork and mindful walking techniques will be used.

QUARTERLY

IN-PERSON

### **Largo Office**

June 10  
10 am - 12 pm  
\$10

## Adult Support Group Information

Pre-registration is required for first time attendance at all but drop-in groups.

Registration will be confirmed when payment is received.

Childcare is not provided, and children are not permitted in the adult groups.

Groups, workshops, and events in each county may be cancelled due to bad weather. Please check your email for updates.

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

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## Workshops

### Golden Healing Retreat:

#### *A place to rebuild for grief & loss*

For many, grief leaves us feeling shattered and broken. Through grief work and healing after a significant loss, we begin to rebuild and redefine ourselves. During this nurturing yoga and expressive arts retreat, we will engage in yin yoga followed by the cathartic process of smashing ceramics and using the broken pieces to create something new in the form of a mosaic project.

WORKSHOP

IN-PERSON

### Yoga Barn & Pasadena Campus

44 W. Earleigh Heights Rd.  
Severna Park, MD 21146  
April 1  
10 am - 3 pm  
\$50

### Calling All Authors

You are invited to share your story of how you navigated through the first special life tradition that you once celebrated with your lost loved one. Your story may bring hope to others with similar experiences, and giving words to your experience may help you find an outlet for your grief. No writing experience is necessary!

WORKSHOP

VIRTUAL

### Zoom

April 20  
10:00 - 11:30 am  
FREE

### Walking Through Grief - Spring

Join other grieverers as we take a springtime "slow walk" through parks in Prince George's County and Anne Arundel County. The walks will focus on developing awareness of our natural surroundings and how this can help in coping with loss. Time for discussion and reflection will be available. This walk is for all fitness levels on an easy trail.

WORKSHOP

IN-PERSON

### Lake Artemesia

8200 55th Ave.  
College Park, MD 20740  
April 17  
11:00 am - 12:30 pm  
FREE

### Quiet Waters Park

600 Quiet Waters Park Rd.  
Annapolis, MD 21403  
April 21  
10:30 am - 12:00 pm  
FREE

### Maryland Therapeutic Riding Workshop - Family Edition

Families are welcomed to explore their grief in collaboration with Maryland Therapeutic Riding and their equine friends. Minimum age for children is 8. All activities will take place on the ground (no mounted riding) and no experience with horses necessary.

WORKSHOP

IN-PERSON

### Maryland Therapeutic Riding

1141 Sunrise Beach Rd.  
Crownsville, MD 21032  
April 29  
3 - 5 pm  
\$25 per person (\$50 max per family)

### Smash & Mend

In this expressive arts workshop, we will engage in the cathartic process of smashing ceramics and using the broken pieces to create something new in the form of a mosaic project.

WORKSHOP

IN-PERSON

### Burnett Calvert Hospice House

4559 Sixes Rd.  
Prince Frederick, MD 20678  
May 6  
10:30 am - 12:30 pm  
\$25

### 3rd Quarter Event Preview Grief & Literature

Join us for a conversation about where grief meets life in literature. Participants will read and discuss a book together.

WORKSHOP

IN-PERSON

### Pasadena Campus

*Summer date and time to be determined*  
FREE (Book will need to be purchased by the participant)

Payment is due one week prior to each workshop and multiple week program to confirm registration.

To register, contact 888.501.7077 or [GriefInfo@chesapeakelifecenter.org](mailto:GriefInfo@chesapeakelifecenter.org)



# Child & Teen Grief Support and Education

2nd Quarter 2023

## Phoenix Rising Workshops

*Ages 6 - 18 years*

This group provides grieving children and teens an opportunity to come together to socialize and feel supported in their grief. Groups will be divided by age and grade level based on enrollment. Understanding that grief has no timeline, this quarterly program is open to everyone, no matter when your loss took place.

Come join us at the Calvert Marine Museum for a unique experience touring the museum and learning about the story of the Chesapeake Bay. There are opportunities to look at live animals and fossils, and enjoy interactive exhibits. By attending, you will be given an opportunity to socialize with peers who have also experienced grief, connecting through this shared experience. Following the programming provided at the museum, you will be provided lunch and there will be a “grief small talk” where we gather and check-in on how we are coping with our grief, and you will be given the opportunity to share memories of your loved one who has passed away.

QUARTERLY

IN-PERSON

### **Calvert Marine Museum**

**14200 Solomons Island Rd., Solomons, MD 20688**

June 10

11 am - 1 pm

\$10

## Camp Nabi Overnight Camp

*Ages 6 - 18 years*

This camp experience will bring together children from across our service area to participate in activities focused on memorializing loved ones who have passed away, learning coping skills in small groups, and utilizing integrative arts for expression. Traditional camp activities like swimming and ropes course will be included. *Transportation will be available from Anne Arundel, Prince George's, Calvert, and Charles counties.*

CAMP

IN-PERSON

### **Arlington Echo Outdoor Education Center**

**975 Indian Landing Rd., Millersville, MD 21108**

August 4 - 6

\$100

*Scholarships available*

Please call if interested. A consult with a counselor is required before final approval can be given for attendance.

*Payment is due one week prior to each workshop and multiple week program to confirm registration.*

## **Child & Teen Support Group Information**

Pre-registration is required for these offerings.

Scholarships are available if cost is a hardship.

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

**To register, contact 888.501.7077 or [GriefInfo@chesapeakelifecenter.org](mailto:GriefInfo@chesapeakelifecenter.org)**



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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.

### **Services We Provide:**

Short-term grief counseling (Ages 5 & up)

Grief support groups

Educational workshops

### **Office Locations**

#### **Anne Arundel County**

John & Cathy Belcher  
Campus  
90 Ritchie Hwy  
Pasadena, MD 21122

#### **Calvert County**

238 Merrimac Ct  
Prince Frederick, MD  
20678

#### **Charles County**

2505 Davis Rd  
Waldorf, MD  
20603

#### **Prince George's County**

9500 Medical Center Dr  
Suite 250  
Largo, MD 20774

### **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 the hospice patient.

Counseling can continue with a sliding scale after 13 months.

Specialty program fees are as noted in the program schedule.

#### **For Community Members**

Initial counseling visit is between \$30 - \$100 depending on household income; subsequent session fees will also be determined by household income using a sliding scale.

Four-week support groups: \$40

Six-week support groups: \$60

Monthly groups: \$10 per session attended

Specialty program fees are noted in the program schedule.

*\*Please contact us for assistance if cost is a hardship\**