



Adult Grief Support and Education

3rd Quarter 2023

Monthly Offerings

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
July 5, August 2, September 6
1 - 2 pm
FREE

Southern Pines Senior Center

20 Appeal Ln.
Lusby
July 11, August 8, September 12
2 - 3 pm
FREE

Calvert Pines Senior Center

450 W. Dares Beach Rd.
Prince Frederick
July 18, August 15, September 19
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

September 13
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

September 13
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

July 5
5:30 - 7:30 pm
\$10

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

September 11
5 - 8 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.

To register, contact 888.501.7077 or GriefInfo@chesapeakelifecenter.org

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Workshops

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

August 11
10 am - 12 pm
FREE (Book will need to be purchased by the participant)

Labyrinth Workshop

Join us for a labyrinth walk where you will be invited to reflect on the meaning of the winding path for your personal healing. For those grieving the loss of a special person, the labyrinth can be a metaphor for grief's journey but also a place where the griever can find quietude and calm.

WORKSHOP

IN-PERSON

Burnett Calvert Hospice House

4559 Sixes Road
Prince Frederick
September 7
6 pm
\$10

Nature Informed Therapy

4-Week Workshop

Nature has a great power to heal us emotionally, and research backs this up. Time spent in natural settings can lower stress hormones and reduce feelings of anxiety and depression, along with offering many other benefits. Join us for this support group series, which will include immersive walks in nature, time spent focusing on the cycle of the seasons, and working with natural objects to both contain and express the grief experience.

WEEKLY

IN-PERSON

Location TBD

Thursdays, September 21 - October 12
2:30 pm - 4:00 pm
\$40

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



Child & Teen Grief Support and Education

3rd Quarter 2023

Stepping Stones 6-Week Group

Ages 6 - 18 years

This group is for newly bereaved children and teens whose loss occurred within the last 12 months. The group will focus on normalizing grief reactions, teaching coping skills and providing opportunities to remember the loved ones that have died. Groups will be divided by age and grade level based on enrollment.

**A social space for parents and guardians will be available each week.*

QUARTERLY

IN-PERSON

Pasadena Campus

Wednesdays, September 20 - October 25

6:00 - 7:30 pm

\$60

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, Calvert, Charles and Prince George's 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



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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