



Adult Grief Support and Education

1st Quarter 2024

Monthly Offerings

Loss of Life Partner/Spouse

Morning

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

MONTHLY

VIRTUAL

Zoom

January 9, February 13, March 12
10:30 am - noon
\$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
January 3, February 7, March 6
1:00 - 2:00 pm
FREE

Southern Pines Senior Center

20 Appeal Lane
Lusby
January 9, February 13, March 12
2:00 - 3:00 pm
FREE

Calvert Pines Senior Center

450 W. Dares Beach Rd.
Prince Frederick
January 16, February 20, March 19
1:00 - 2:00 pm
FREE

General Loss Drop-In 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

Pasadena Campus

January 10, February 14, March 13
1:00 - 2:00 pm
FREE

Loss of Life Partner/Spouse Evening

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

WEEKLY

IN-PERSON

Pasadena Campus

January 10, February 7, March 13
6:30 - 8:00 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

Adult Grief Support and Education

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Workshops

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

January 8, March 4
5:00 - 8:00 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

Pasadena Campus

February 17
10:00 am - noon
\$10

Navigating Grief Through Vision Boards

Whether you're grieving the loss of a loved one, a relationship, or going through a life transition, this workshop offers a safe and supportive space. In the New Year, come together with others navigating grief. Share stories and honor your loss or loved one in a creative way. Bring in any special pictures, letter, words, poems of your loss or special person to help create a meaningful vision board to understand the power of visualization.

WORKSHOP

IN-PERSON

Pasadena Campus

January 27
Noon - 2:00 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.

WORKSHOP

IN-PERSON

Lake Artemesia

8200 55th Ave.
College Park, MD 20740
March 7, 14, 21, 28
2:30 pm - 4:00 pm
\$10

Men's Grief Workshop

Tailored to the unique experiences of men, this workshop creates a supportive environment to process grief through action. Facilitators will lead participants through a series of hands-on activities focusing on "breaking" and "rebuilding," followed by guided reflection on these two central themes of the grieving process. Processing emotions through physical activity can help alleviate distress, isolation, and enhance insight and awareness.

WORKSHOP

IN-PERSON

Pasadena Campus

March 9
10:00 am to noon
\$10

Payment is due one week prior to the workshop to confirm registration.

To register, contact 888.501.7077 or GriefInfo@chesapeakelifecenter.org

Child & Teen Grief Support and Education

1st Quarter 2024

Stepping Stones 4-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.*

4-WEEK

IN-PERSON

Pasadena Campus

Tuesdays, January 9 - 30
6:00 - 7:30 pm
\$40

Calvert County Campus

Tuesdays, January 9 - 30
6:00 - 7:30 pm
\$40

Pasadena Campus

Tuesdays, March 5 - 26
6:00 - 7:30 pm
\$40

Charles County Campus

Tuesdays, March 5 - 26
6:00 - 7:30 pm
\$40

Phoenix Rising Grief Workshops

Ages 6 - 18 years

This group provides grieving children and teens the 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.

QUARTERLY

IN-PERSON

Maryland Therapeutic Riding (1141 Sunrise Beach Rd, Crownsville, MD 21032)

Saturday, February 24
3:00 - 5:00 pm
\$25

Payment is due one week prior to the 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 and older)

Grief support groups

Educational workshops

Office Locations

Anne Arundel County

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

Calvert County

4559 Sixes Rd
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