



# Upcoming Events

## SUPPORT GROUPS AND WORKSHOPS



## January - March

### Drop-In Grief Support Groups

**North Beach:**

1:00 - 2:00 pm (January 7, February 4, March 4)

**Southern Pines:**

2:00 - 3:00 pm (January 13, February 10, March 10)

**Calvert Pines:**

1:00 - 2:00 pm (January 20, February 17, March 17)

**Cost:** FREE

### SoulCollage Studio

**Date:** January 5 and March 2

**Time:** 2:00 - 5:00 pm

**Location:** Largo office

**Cost:** \$10

### Visioning Through the Valleys: A Vision Board Experience for the Grieving Heart

**Date:** January 6

**Time:** 6:00 - 7:30 pm

**Location:** Pasadena office

**Cost:** FREE

### Loss of Parent or Parental Figure Group

**Date:** January 8, February 12, March 12

**Time:** 6:30 - 8:00 pm

**Location:** Pasadena office

**Cost:** FREE

### Loss of Life Partner Virtual Support Group

**Date:** January 13, February 10, March 10

**Time:** 10:30 am - 12:00 pm

**Location:** Virtual

**Cost:** FREE

### Loss of Life Partner Evening Group

**Date:** January 13, February 10, March 10

**Time:** 6:30 pm - 8:00 pm

**Location:** Pasadena Office

**Cost:** FREE

### Now what? Navigating Grief: A Support Group for Those Coping with Loss

**Date:** January 13, February 10, March 10

**Time:** 6:30 - 8:00 pm

**Location:** Pasadena Office

**Cost:** FREE

### Branches of the Heart for Kids and Teens: Remembering Loved Ones Through Nature

**Date:** January 17

**Time:** 10:00 am - 12:00 pm

**Location:** Pasadena Center for Hope & Healing

**Cost:** FREE

### Suicide Loss Support Group

**Date:** January 26, February 23, March 23

**Time:** 6:00 pm - 7:30 pm

**Location:** Virtual

**Cost:** FREE



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### Hot Chocolate and Grief Bingo

**Date:** January 28

**Time:** 6:30 - 8:00 pm

**Location:** Pasadena office

**Cost:** FREE

*\*This group is only for those 18 years and older.*

### In Winter Deep: A Workshop for Coping Beyond the Holidays

**Date:** January 29

**Time:** 5:30 - 7:30 pm

**Location:** Largo Office

**Cost:** FREE

### SoulCollage Virtual Support Group for Loss & Transition

**Date:** February 2

**Time:** 6:00 - 8:00 pm

**Location:** Virtual

**Cost:** FREE

### Creating Hope: Therapeutic Exercises in Griefwork for Teens and Adults

**Date:** February 7

**Time:** 1:00 - 2:30 pm

**Location:** Burnett Center for Hope & Healing

**Cost:** FREE

### Nature's Healing Power: A Grief Support Group

**Date:** February 19, February 26, March 5, March 12

**Time:** 11:00 am - 1:00 pm

**Location:** Lake Artemesia Natural Area

**Cost:** FREE

### Memory Pillow Making Workshop

**Date:** February 28

**Time:** 10:00 am - 12:00 pm

**Location:** Pasadena office

**Cost:** \$10

### Child Loss Support Group

**Date:** March 16

**Time:** 5:30 - 7:00 pm

**Location:** Pasadena Center for Hope & Healing

**Cost:** FREE

*\*This group is only for those 18 years and older.*

### All-Ages Grief Karaoke

**Date:** March 21

**Time:** 1:00 - 2:30 pm

**Location:** Pasadena Office

**Cost:** FREE

Chesapeake Life Center's grief support is available to anyone in our community who is grieving the loss of a loved one, regardless of their relationship to hospice or the type of loss.

Hospice of the Chesapeake family members may receive short-term grief counseling (up to 10 sessions) and attend support groups at no charge for up to 13 months after the death of a loved one.

We also offer services to community members whose loved one was not cared for by Hospice of the Chesapeake. For these community members, counseling is offered on a sliding fee scale.



► Register Today! ◀