

# Adult Grief Support and Education

2nd 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

April 9, May 14, June 11  
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 10, May 14, June 12  
6:30 pm - 8:00 pm  
\$10

### 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

April 10, May 14, June 12  
1:00 pm - 2:00 pm  
FREE

### Drop-In Grief Support Groups

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 3, May 1, June 5  
1:00 pm - 2:00 pm  
FREE

#### Southern Pines Senior Center

20 Appeal Ln.  
Lusby  
April 9, May 14, June 11  
2:00 pm - 3:00 pm  
FREE

#### Calvert Pines Senior Center

450 W. Dares Beach Rd.  
Prince Frederick  
April 16, May 21, June 18  
1:00 pm - 2:00 pm  
FREE

## 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.

Register online by scanning the QR code or visiting [chesapeakelifecenter.org](https://chesapeakelifecenter.org).  
Questions? Contact 888-501-7077 or [griefinfo@hospicechesapeake.org](mailto:griefinfo@hospicechesapeake.org).



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

# Adult Grief Support and Education

2nd Quarter 2024

## Quarterly Offerings

### SoulCollage® Support for Loss Transition

SoulCollage® offers participants the opportunity to express their journey through loss and change through the use of imagery, inviting them to create a series of collages to commemorate lost loved ones and visually journal the grief process.

QUARTERLY

VIRTUAL

**Zoom**  
June 3  
6:00 pm - 8:00 pm  
\$10

### SoulCollage® Studio

In person collage-making has returned! Grievers already familiar with the SoulCollage® process as well as those new to SoulCollage® are invited. No artistic experience required—all supplies provided.

QUARTERLY

IN-PERSON

**Largo Office**  
April 1  
2:00 pm - 5:00 pm  
\$10

**Pasadena Campus**  
June 24  
2:00 pm - 5:00 pm  
\$10

## Workshops

### 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

**Location TBD in Prince George's County**  
May 30, June 6, 13, 27  
2:30 pm - 4:00 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.

WORKSHOP

IN-PERSON

**Pasadena Campus**  
April 20  
10:00 am - 12:00 pm  
\$10

## New Offerings

### Grief Group for LGBTQAI+ Community Members

This group provides grieving LGBTQAI+ adults (18+) the opportunity to come together to feel supported in their grief. Groups offer participants an opportunity to share their feelings, obtain support from a licensed counselor, and participate in activities designed to provide assistance with the grief process.

WEEKLY

IN-PERSON

**Pasadena Campus**  
April 2, 9, 16, 23, 30, May 7  
6:00 pm - 7:30 pm  
\$60

### Bereavement Workshop for Spanish-Speakers

Únete a nosotros para un taller adaptado para personas de habla hispana. Este taller esta abierto para todos los residentes de las comunidades del condado de Prince George 's. Este taller es para cualquier persona que haiga tenida una perdida y estén en proceso de duelo. Los participantes de este grupo se reunirán para compartir su experiencia de duelo y estrategias de afrontamiento mientras honramos a los seres queridos fallecidos a través de pequeños actos de recuerdo.

WORKSHOP

IN-PERSON

**Largo Office**  
Junio 17  
5:30 pm - 7:30 pm  
Gratuito (se requiere registraci3n)

Register online by scanning the QR code or visiting [chesapeakelifecenter.org](https://chesapeakelifecenter.org).  
Questions? Contact 888-501-7077 or [griefinfo@hospicechesapeake.org](mailto:griefinfo@hospicechesapeake.org).



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

# Grief Support and Education

2nd Quarter 2024

## Remembering Our Mothers

This group is for adult children who have lost their mom. Participants will get together to connect, share memories of their mother or maternal figure, and personalize a picture frame! This is just in time for Mother's Day on May 12.

\*Please bring in a 5X7 picture of your mom/maternal figure.

WORKSHOP

IN-PERSON

### Largo Office

May 2

6:30 pm - 8:00 pm

\$20

## Good Grief & Game Night

Join us for an evening of family fun and healing through games and shared camaraderie for adults and children of all ages. This curated event aims to help in the grief journey, inspire laughter, share memories, creative expression, and provide a few hours of respite.

WORKSHOP

IN-PERSON

### Pasadena Campus

June 6

6:00 pm - 7:30 pm

\$10

## Grief & Poetry Workshop

Poetry serves as a cathartic tool, offering solace and a unique outlet for navigating the complexities of grief. Join us for a reading and writing workshop, where we will explore the nuanced layers of loss through poetry. This workshop provides a supportive space to channel emotions, share, and connect with others on similar journeys. In this immersive session, poems will become vessels for healing and self-discovery.

WORKSHOP

IN-PERSON

### Prince Frederick Office

April 6

10:00 am - 1:00 pm

\$10

## Soles of Grief: Walk a Mile in These Shoes

Grief has often been described as a journey. In the walk through grief, shoes can be thought of as offering protection and grounding as the griever moves through difficult times. Join us for a family-oriented workshop where we will artfully adorn sneakers to illustrate and express our grief experiences and honor special persons we have lost. Chesapeake Life Center will be working in partnership with Soles of Imagination (<https://www.solesofimagination.org/>) to offer this unique event.

Register early—space is limited! (Please register at least one week in advance of the date to ensure supplies are ready for you and your family.) Open to adults and children over age 6 years who have experienced a loss through death.

Fee includes sneakers and all supplies needed to decorate the shoes, along with light fare for the evening.

WORKSHOP

IN-PERSON

### Largo Office

April 16

6:00 pm - 8:00 pm

\$35

## Parenting While Grieving

This group will be offered at the same time as Stepping Stones, our children's grief program for 6-18 year olds and is open to any parent who is grieving a loss. Join fellow parents for fellowship and support around the challenges of parenting while grieving a loss. Please reference page 4 for more information on Stepping Stones.

WORKSHOP

IN-PERSON

### Pasadena Campus

May 7, 14, 21, 28

6:00 pm - 7:30 pm

\$10/session (FREE for Stepping Stones parents)

Register online by scanning the QR code or visiting [chesapeakelifecenter.org](https://chesapeakelifecenter.org).  
Questions? Contact 888-501-7077 or [griefinfo@hospicechesapeake.org](mailto:griefinfo@hospicechesapeake.org).



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



# Child & Teen Grief Support and Education

2nd Quarter 2024

## Nature Informed Therapy Workshop for Children and Teens (Ages 6-18 years)

Please have participants arrive ready to spend time outside and get dirty! This is an opportunity for kids and teens to connect with each other and the natural world to find support in their grief process.

WORKSHOP

IN-PERSON

### **Pasadena Campus**

April 27  
1:00 pm - 3:00 pm  
\$10

## 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.

WORKSHOP

IN-PERSON

### **Pasadena Campus**

May 7, 14, 21, 28  
6:00 pm - 7:30 pm  
\$40

\*There is a Parenting While Grieving workshop taking place at the same time as the Stepping Stones group for those who are interested. See page 3 for more information.

## 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.

Register online by scanning the QR code or visiting [chesapeakelifecenter.org](https://chesapeakelifecenter.org).  
Questions? Contact 888-501-7077 or [griefinfo@hospicechesapeake.org](mailto:griefinfo@hospicechesapeake.org).



*Payment is due one week prior to the program to confirm registration.*



**chesapeakelifecenter.org**  
**GriefInfo@chesapeakelifecenter.org**

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**

Burnett Center for Hope  
& Healing  
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\**