

Adult Grief Support and Education

4th 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

October 4, November 1, December 6

1 - 2 pm

FREE

Southern Pines Senior Center

20 Appeal Ln.

Lusby

October 10, November 14,

December 12

2 - 3 pm

FREE

Calvert Pines Senior Center

450 W. Dares Beach Rd.

Prince Frederick

October 17, November 21,

December 19

1 - 2 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

October 11, November 8,

December 13

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

October 10, November 14,

December 12

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

October 11, November 8, December 13

6:30 - 8:00 pm

\$10

Quarterly 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

October 2

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.



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Workshops

Living with Loss Through the Holidays

Ages 6 - 18 years and Adults

Led by grief professionals, participants can join in group activities that help them find a way to honor the memory of their loved ones while still granting themselves permission to grieve. This program will be offered for both adults and children ages 6 - 18. The children's program will offer participants an opportunity to take part in holiday-themed activities that will help them learn about getting through the holidays without their special person.

**Light refreshments will be served.*

WORKSHOP

IN-PERSON

Pasadena Campus

December 7

5:30 - 7:30 pm

\$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

4th 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

Tuesdays, September 19 - October 24

6:00 - 7:30 pm

\$60

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 & up)

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