



Upcoming Events

January - March

SUPPORT GROUPS

Drop-In Grief Support Groups

North Beach:

1:00 - 2:00 pm (February 5, March 5)

South Pines:

2:00 - 3:00 pm (January 14, February 11, March 11)

Calvert Pines:

1:00 - 2:00 pm (January 21, February 18, March 18)

Burnett Center for Hope and Healing:

4:00 - 5:00 pm (January 21, February 18, March 18)

Cost: FREE

Grief Support Group for Grievors in Asian Culture

Date: January 9, February 13, March 13

Time: 6:00 - 7:30 pm

Location: Pasadena office

Cost: FREE

Loss of Life Partner Virtual Group

Date: January 14, February 11, March 11

Time: 10:30 am - 12:00 pm

Location: Virtual

Cost: FREE

Loss of Life Partner Evening Group

Date: January 15, February 12, March 12

Time: 6:30 - 8:00 pm

Location: Pasadena office

Cost: \$10

Child Loss Support Group

Date: January 13, February 10, March 17

Time: 5:30 - 7:00 pm

Location: Pasadena office

Cost: FREE

Nature's Healing Power: Grief Support Group Series

Date: February 13, 20, 27, March 6

Time: 11:00 am - 1:00 pm

Location: Lake Artemesia Park

Cost: FREE

Loss of Parent or Parental Figure Group

Date: January 9, February 13, March 13

Time: 6:30 - 7:30 pm

Location: Pasadena office

Cost: FREE

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

Stepping Stones

Date: January 7, 14, 21, 28

Time: 6:00 - 7:30 pm

Location: Pasadena office

Cost: \$40

Date: February 5, 12, 19, 26

Time: 6:00 - 7:30 pm

Location: Charles County office

Cost: \$40

**This group is for children and teens ages 6-18.*

Book Club:

The Pilot's Wife by Anita Shreve

Date: January 7, 14, 21, 28

Time: 6:30 - 7:30 pm

Location: Virtual

Cost: Cost of book



Register Today!



Upcoming Events

WORKSHOPS

SoulCollage Studio

Date: January 6
Time: 2:00 - 5:00 pm
Location: Largo office
Cost: \$10

SoulCollage Virtual Support Group for Loss & Transition

Date: February 3
Time: 6:00 - 8:00 pm
Location: Virtual
Cost: FREE

Wellness Paint Workshop

Date: January 18
Time: 11:00 am - 1:00 pm
Location: Pasadena office
Cost: \$20

Parenting While Grieving Workshop

Date: January 25
Time: 10:00 am - 12:00 pm
Location: Pasadena office
Cost: \$10
**Breakfast and activities provided for children during the workshop.
When registering, please indicate if your children will be attending.*

Breakfast with Your Buddies

Date: January 25
Time: 10:00 am - 12:00 pm
Location: Pasadena office
Cost: \$10
**This group is for children and teens ages 6-18.*



Register Today!

Rhythm of Life: Drum Circle Support Group

Date: March 22
Time: 10:00 - 11:00 am
Location: Burnett Center for Hope and Healing
Cost: FREE
**This group is for children and teens ages 9-18.*

Grief and Vision Boards Workshop

Date: January 11
Time: 12:00 - 2:00 pm
Location: Pasadena office
Cost: \$15

Anticipatory/Ambiguous Grief for Dementia Caregivers

Date: April 1
Time: 5:00 - 7:00 pm
Location: Pasadena office and Charles County office
Cost: FREE

Woman's History Month - Sisters in Healing

Date: March 1
Time: 12:00 - 2:00 pm
Location: Largo office
Cost: \$15

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.