



Grief Support and Education

April-June 2022



Living with Loss in Our Dreams

Dreaming (or not) of a departed loved one is a common conversation among grievers. Dreams can serve as a powerful tool to help navigate one's personal journey with loss. And if you haven't dreamt of a loved one, you can wonder if you still have a connection. This Living with Loss event will explore dreams and how they impact our grief.

Monday, May 2 | 5:30-7:00 p.m.

To be held in-person (in Pasadena office) | \$10/Participant | Light refreshments will be served

Grief through Literature: *Join us for conversations about where grief meets life in literature.*

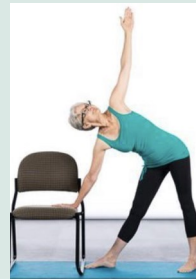
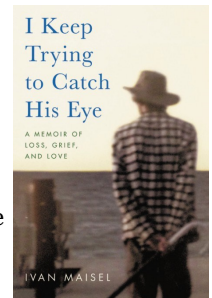
I Keep Trying to Catch His Eye

By Ivan Maisel

In February 2015, ESPN commentator Ivan Maisel received a call that would alter his life forever: his son Max's car had been found abandoned in a parking lot next to Lake Ontario where he took his life. *"I Keep Trying to Catch His Eye"* explores with grace, depth, and refinement the tragically transformative reality of losing a child. But it also tells the deeply human and deeply empathetic story of a father's relationship with his son, of its complications, and of Max and his son Ivan's struggle. *I Keep Trying to Catch His Eye* is a stunning, poignant exploration of the father and son relationship, of how our tendency to overlook men's mental health can have devastating consequences, and how ultimately letting those who grieve do so openly and freely can lead to greater healing."

Wednesday, May 11 | 10:30 a.m.-12:00 p.m.

To be held in-person (in Pasadena office) | No charge event | Book must be purchased by participant



Nurturing the Grieving Heart through Yoga: A Four-Week Workshop

During this 4-week workshop you will explore how grief shows up in your mind and body and learn breathwork, movement and meditation to help you compassionately journey through your suffering toward a healing path. This gentle yoga is practiced using a mat on the floor. Taught by yoga instructor Cathy Rees.

~Participant will need to bring a yoga mat, 2 yoga blocks and 1 strap~

Wednesdays, May 11-June 1 | 6:30-8:00 p.m.

Group to be held in-person (Pasadena Office) | \$40/Participant (For adults only) | No experience necessary

Family Movie Night

Come and watch "Encanto" which tells the tale of an extraordinary family, the Madrigals, who have endured a lot of loss. We will watch the film and talk about grief from a family perspective, exploring how people in the same family (even across generations) grieve and grieve differently.

We hope to host this movie outside, weather permitting.

Friday, June 3 | 6:00-8:00 p.m.

To be held in-person (in Pasadena office) | No charge event | Popcorn & refreshments will be served



Walking through Grief

Join us for one of two peaceful spring walks. We will reflect on this season of new beginnings and nature's capacity to provide healing times in grief.

Saturday, April 23 | 11:00 a.m.-12:30 p.m.

Held at Quiet Waters Park - 600 Quiet Waters Park Rd, Annapolis, MD 21403

Monday, June 13 | 11:00 a.m.-12:30 p.m.

Held at Lake Artemesia - 8200 55th Ave College Park, MD 20740

~No charge events~





Grief Support and Education

Charles County Offering

April-June 2022

Smash & Mend

Often times our grief leaves us feeling shattered and broken. Through grief work and healing, after a significant loss, we begin to rebuild and redefine ourselves. In this expressive arts workshop we will engage in the cathartic process of smashing ceramics and then using the broken pieces to create something new in the form of a mosaic project.



Saturday, May 21 | 10:00 a.m.-12:00 p.m.

Group to be held in-person (in our Waldorf office) | \$25/Participant

Summer Children & Teen Offerings

Rhythm & Grieve



Music allows children to express their grief through sound, art, and movement. In this workshop kids will start by engaging their bodies through music and yoga. They will then make their own drum as a way to honor their loved ones, creatively express their emotions, and connect with others in the process. Get ready for grief out loud! Elementary school children, ages 6-12, are welcome.

June 11 | 11:30 a.m.-3:30 p.m. | Cost: \$40 | Lunch provided

Held at Yoga Barn

44 W Earleigh Heights Rd, Severna Park, MD 21146

Take Flight

Come to the College Park Airport and the Aviation Museum for an interactive workshop experience where elementary school children, ages 6-12, can explore their grief, make friends, and have a lot of fun! Through art, play, conversations, and support, children will develop new ways that help with the difficult task of grieving, while learning they are not alone. Includes an activity in the Aviation Museum.

July 16 | 10:00 a.m.-3:00 p.m. | Cost: \$40 | Lunch provided

Held at College Park Airport Operations Building (Adjacent the College Park Aviation Museum)
1985 Corporal Frank Scott Drive College Park, MD 20740



Grieving with Horses



Horses are incredibly sensitive to human emotions and their emotional intelligence can be a helpful tool in one's journey through grief. Teens and preteens are invited to join us for a day of horse centered therapeutic activities in collaboration with Maryland Therapeutic Riding in Crownsville. No horse experience is needed and all activities are unmounted.

Pre-teen (ages 11-13 entering 6-8 grade)-August 12
Phoenix Rising (ages 13-18 entering 9-12 grade)-August 19

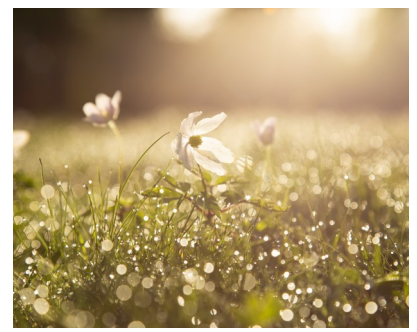
10:00-a.m.-3:00 p.m. | Cost: \$40 | Lunch provided

Held at Maryland Therapeutic Riding Center
1141 Sunrise Beach Rd, Crownsville, MD 21032

Registration Required for all summer children & teen offerings

Registration Required | Contact us at 888.501.7077 or griefinfo@chesapeakelifecenter.org

Grief Support and Education MONTHLY OFFERINGS



April-June 2022

Virtual Offerings

SoulCollage® Monthly Support Group

Participants create a series of collages to commemorate lost loved ones and to visually journal the grief process.

Monday: 5:00 - 8:00 p.m.

April 11 (change of week), May 2 & June 6

To be held both virtually & in-person (Largo)

Grief Yoga Monthly Support Group

The monthly yoga group is for past participants of the four-week yoga workshop who are looking for continued support for mind and body during their grief journey.

Thursday: 6:00-7:30 p.m.

April 14, May 12 & June 9

*Previous participation in four-week grief yoga workshop required

Loss of Life Partner/Spouse Monthly Morning Group

For individuals grieving a spouse or life partner.

Wednesday: 10:30 a.m.—Noon

April 13, May 11 & June 8

Child Loss Monthly Support Group

For parents grieving the death of a child, regardless of age or circumstance.

Wednesday: 6:00-7:30 p.m.

April 6, May 4 & June 1

To be held both virtually & in-person (Pasadena)

In-person Offerings

Loss of Life Partner/Spouse Monthly Evening Group

For individuals grieving a spouse or life partner.

Wednesday: 6:30-8:00 p.m.

April 13, May 11 & June 8

To be held in the Pasadena office

General Four-week Grief Group

A facilitated four-week support group offering attendees an opportunity to explore grief themes and share strategies for navigating grief in a community of trust.

Tuesday: 6:00-7:30 p.m.

June 7-June 28

To be held in the Pasadena office

*A four-week commitment is required

\$40/participant

Pre-registration required for all groups. Registration required monthly for in-person groups.

Fees explained on back page.

ADULT SUPPORT GROUP INFORMATION

- Childcare is not provided and children are not permitted in the adult groups.
- If your loss is recent, please contact us before attending a group.
- Our groups, workshops & events in each county may be cancelled due to bad weather. Please check your emails for updates.

Contact us at 888.501.7077 or griefinfo@chesapeakelifecenter.org

Group restrictions will be updated using the most recent CDC guidelines & company policies prior to each group.

Grief Support and Education

CHILDREN AND TEENS



Group restrictions will be updated using the most recent CDC guidelines & company policies prior to each group.

April-June 2022

Stepping Stones (ages 6–12 years)

A monthly group where children play games together, participate in a grief-related story time, and make crafts to commemorate their loved one, all while getting to know other children who can relate to their experiences of loss and grief.

Saturdays: 10:00 a.m.—Noon

April 2 & May 7

(The June group will be a family movie night-see front page)

Pre-teen Group (11-13 years)

Monthly support group for pre-teens (and early teens) to connect and share with others who have lost a loved one. Group will include a light dinner and get-to-know you activities.

Wednesdays: 6:30-8:00 p.m.

April 20, May 18 & June 15

Phoenix Rising teens (13-18 years)

Monthly support group for teens to connect with others who are also grieving the death of a loved one.

Wednesdays: 6:30-8:00 p.m.

April 20, May 18 & June 15

CHILDREN & TEEN SUPPORT GROUP INFORMATION

- Children & Teen groups are held in-person in the Pasadena office.
- Cost is \$10/person, maximum \$20/family.
- A meal is provided.
- Space limited due to physical distancing. Pre-registration currently required each month.

General Information

SERVICES PROVIDED

- Short-term Grief Counseling (Ages 5 & up)
- Grief Support Groups
- Educational Workshops

OFFICE LOCATIONS

ANNE ARUNDEL COUNTY
John & Cathy Belcher Campus
90 Ritchie Highway
Pasadena, MD 21122

CHARLES COUNTY
2505 Davis Road
Waldorf, MD 20603

PRINCE GEORGE'S COUNTY
9500 Medical Center Drive – Suite 250
Largo, MD 20774

888.501.7077

Griefinfo@chesapeakelifecenter.org
chesapeakelifecenter.org

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 their loved one.
- Counseling can continue with a sliding fee scale after 13 months.
- Specialty program fees are as noted in the program schedule.

For Our Community members:

- Initial counseling visit of one hour is \$60; subsequent sessions fee will be determined using sliding scale.
- Four-week support groups, \$40
- Six-week support groups, \$60
- Monthly groups, \$10 per session attended
- Specialty program fees noted in this program schedule

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.