

# Adult Grief Support and Education

1st Quarter 2023

## Weekly Offerings

### General Loss 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. *\*A four week commitment is required.*

WEEKLY

VIRTUAL

### Zoom

January 26, February 2, 9, 16  
5:30 - 7:00 pm

### Sudden Loss 5-Week Group

This group will meet weekly for 5 sessions to focus on how to heal from deaths that felt unexpected. Participants will learn grounding skills and how to safely express feelings of the loss and its circumstances.

The group will be led by two trauma informed clinicians.

*\*A 5-week commitment is required. Participants will be pre-screened to ensure that the group is a good fit.*

WEEKLY

IN-PERSON

### Pasadena Campus

March 14, 21, 28; April 4, 11  
5:30 - 7:00 pm  
\$50

### Loss of Life Partner/Spouse Group

This 6-week group will provide support for those who have lost a spouse or partner. We will use materials taken from Alan Wolfelt's book on surviving the loss of a soulmate.

WEEKLY

IN-PERSON

### Emmanuel United Methodist Church

1250 Emmanuel Church Rd  
Huntingtown  
January 30; February 6, 13, 20, 27;  
March 6  
6:00 - 7:30 pm

## Monthly 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

January 9, February 6, March 6  
5 - 8 pm

### 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  
January 4, February 1, March 1  
1 - 2 pm

### Southern Pines Senior Center

20 Appeal Lane  
Lusby  
January 10, February 7, March 14  
2 - 3 pm

### Calvert Pines Senior Center

450 W. Dares Beach Rd.  
Prince Frederick  
January 17, February 14, March 21  
1 - 2 pm

### 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

January 11, February 8, March 8  
6:30 - 8:00 pm

## Loss of Life Partner/Spouse Morning

A support group for individuals grieving the loss of a spouse or life partner.

MONTHLY

VIRTUAL

### Zoom

January 11, February 8, March 8  
10:30 am - 12:00 pm

## Adult Support Group Information

Pre-registration is required for many groups (specific programs, first time attendance at monthly groups).

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.

Group, 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.

# Adult Grief Support and Education

1st Quarter 2023

## Quarterly Offerings

### Child Loss Support

A support group for parents grieving the death of a child, regardless of age or circumstance.

QUARTERLY

VIRTUAL

#### **Zoom**

January 11  
5:30 - 7:30 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 will be used.

QUARTERLY

IN-PERSON

#### **Pasadena Campus**

February 11  
10 am - 12 pm  
\$10

## Workshops

### Labyrinth Workshop

Join us for a winter labyrinth walk (indoors) where you will be invited to reflect on the season of winter and the meaning of the winding path for your personal healing. For those grieving the loss of a special person, the labyrinth can be a metaphor for grief's journey but also a place where the griever can find quietude and calm.

WORKSHOP

IN-PERSON

#### **Brookfield United Methodist Church**

12806 Croom Road  
Upper Marlboro, MD  
January 19  
6 - 8 pm  
\$10

## Walking Through Grief

Join other grieverers as we take a mid-winter "slow walk" through one of the lovely parks in Prince George's County. This walk will focus on developing awareness of our natural surroundings and how this can help in coping with loss. Time for discussion and reflection will be available. This walk is for all fitness levels on an easy trail.

*\*We will not walk in inclement weather or in temperatures below freezing.*

WORKSHOP

IN-PERSON

#### **Lake Artemesia**

8200 55th Ave.  
College Park, MD 20740  
February 13  
11:00 am - 12:30 pm  
FREE

## *2nd Quarter Event Preview*

### Golden Healing Retreat:

#### *A place to rebuild for grief & loss*

For many, grief leaves us feeling shattered and broken. Through grief work and healing after a significant loss, we begin to rebuild and redefine ourselves. During this nurturing yoga and expressive arts retreat, we will engage in yin yoga followed by the cathartic process of smashing ceramics and using the broken pieces to create something new in the form of a mosaic project.

WORKSHOP

IN-PERSON

#### **Yoga Barn & Pasadena Campus**

44 W. Earleigh Heights Rd  
Severna Park, MD 21146  
April 1  
10 am - 3 pm  
\$50



# Child & Teen Grief Support and Education

1st Quarter 2023

## Stepping Stones 6-Week Grief Support 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.*

WEEKLY

IN-PERSON

### **Pasadena Campus & Waldorf Campus**

Wednesdays, March 15 - April 26 (no group on April 5)

6:00 - 7:30 pm

\$60

## Phoenix Rising Workshops

*Ages 6 - 18 years*

This group provides grieving children and teens to come together to socialize and feel supported in their grief. Groups will be divided by age and grade level based on enrollment. Understanding that grief has no timeline, this quarterly program is open to everyone, no matter when your loss took place.

This offering will feature a visit from Artsy Partsy and participants will learn how to utilize art as a creative outlet for grief and how to connect to others who are also navigating the grieving process. No artistic ability or previous experience is required!

QUARTERLY

IN-PERSON

### **Pasadena Campus**

February 4

11 am - 1 pm

\$25

### 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](mailto:GriefInfo@chesapeakelifecenter.org)



**888.501.7077**

**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**

238 Merrimac Ct  
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 of one hour is \$60; subsequent session fees will be determined 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\**