Counseling Services

People who are struggling to resume life balance after a significant loss benefit from extra support from those trained to offer compassionate care throughout the grief journey. Services available at The Counseling Center at Stella Maris include:

**Individual and Family Counseling** for adults, teens and children aged five and over. 50-minute sessions are offered by a professionally trained counselor and are scheduled at a time that best suits busy schedules.

Individuals often seek counseling support for issues such as:

- Anticipatory Grief
- Grief and Loss
- Life Transitions
- Depression
- Anxiety
- Stress
- Trauma and Abuse

**Group Counseling for Adults** through a 6-week, closed group format facilitated by a trained counselor. Groups are offered throughout the year and enable grieving adults to find healing through connection and shared experience.

**Group Counseling for Youth** through 6-week support groups and Saturday day camps offered throughout the year and facilitated by trained counselors. This is an especially meaningful opportunity for youth to connect with peers who are also grieving, normalizing the experience and developing coping skills to foster healing.

**Camp Me Too Overnight Camp**, a weekend-long camp offered annually for kids and teens who have experienced a significant life loss.

**Community Outreach** offered by trained counseling staff to places of worship, schools, retirement communities, health care institutions, private corporations and community organizations to provide bereavement support groups, workshops, training and educational programs.

Counseling services are offered free of charge for a limited time to Stella Maris Hospice family members. Anyone in the community may take advantage of counseling services for a basic fee. For more information or to register for counseling services, please call **410-252-4500 x7291**.
Grieving is the psychological, physical and spiritual work that humans need to do in order to find wellness after experiencing loss. As much as it hurts, it is necessary to feel all the colors of the tapestry of grief in order to heal.

Normal grief has no timetable and people experience grief in many ways. There are some facets of grief that appear to be universal such as confusion, denial, anger, guilt, fear and loneliness.

Too often, the mourning of adults, teens and children goes unacknowledged, which can complicate their grief and interfere with one’s ability to heal.

The journey through grief can be especially difficult. Grieving adults, teens and children need to:

- Know they are not alone
- Talk and reminisce
- Express and normalize their feelings
- Feel understood
- Reconnect with life

In order to reconcile loss into their life, individuals may benefit from professional counseling support. The Counseling Center is committed to offering compassionate care to those who mourn in order to foster healing, growth and renewal.