

# Grief Support Groups



JourneyCare grief support groups and events provide a nonjudgmental, confidential outlet for **any** adult or youth who has lost a loved one, whether by illness or trauma. Programs are provided at **no cost** to participants.

*Groups listed as open are ongoing and do not require registration.*

*All other groups meet for 8 weeks and are closed after the second session; Pre-registration is required and encouraged by one week prior to start date.*

**To RSVP, call 224-770-2273 or [griefsupport@journeycare.org](mailto:griefsupport@journeycare.org)**

## **Barrington**

*Pepper Family Hospice CareCenter, 405 Lake Zurich Road*

- General Loss (Open):  
Mondays, 10-11:30 a.m.  
Thursdays, 6:30-8 p.m.
- Spouse Loss:  
Wednesdays, starting February 6 to March 24, 10-11:30 a.m.
- BraveHeart:  
Tuesday, December 11, 6-8 p.m.  
(Please see enclosed flyer)

## **Chicago**

*549 West Randolph, Suite 100*

- Navigating Grief – One-time, 90-minute educational workshop:  
Thursday, February 21, 6-7:30 p.m.
- General Loss:  
Wednesdays, Starting February 13 to April 8, 6-7:30 p.m.

## **Flossmoor**

*Flossmoor Community Church  
2218 Hutchison Road, Flossmoor*

- BraveHeart:  
Thursday, December 11, 6-8 p.m.  
(Please see enclosed flyer)

## **Glenview**

*Robert H. & Terri L. Cohn Campus, 2050 Claire Court*

- General Loss (Open):  
Wednesdays, 6:30-8 p.m.
- Spouse Loss:  
Thursdays, starting January 31 to March 21, 6:30--8 p.m.
- BraveHeart:  
Tuesday, December 18, 6-8 p.m.  
(Please see enclosed flyer)

# Grief Support Groups



## Grief support: Finding hope beyond loss

Losing a person you love is one of life's most difficult challenges. The grief process can include a range of feelings and reactions. Learning about the impact of grief and how to cope are some of the best ways to begin healing. Sharing experiences and emotions in a safe environment can help you face the future with renewed hope.

We are pleased to offer a wide range of grief support programs to adults, teens and children **at no cost**.

Our grief support programs include:

- Grief groups for adults who have lost a loved one
- Family workshops
- Support services for children and teens, including Camp Courage summer camps for kids

## Navigating Grief (*Workshop*)

Navigating Grief is a one-time, educational group for the newly bereaved. If your loved one has died within the last few months, we welcome you to join us.

Topics Include:

- What to expect on your grief journey
- How to identify your grief style
- How to take care of yourself



BraveHeart helps children and teens, ages 6-18, and their families realize they are not alone in their thoughts or feelings. With support from JourneyCare's specially trained staff, participants learn to face changes now and in the future, while finding hope after loss, sharing memories of their loved one and celebrating their lives together. (Please see enclosed flyer)