

Grief Support Groups

Copying with loss, living with grief and returning to hope



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

Barrington

Pepper Family Hospice CareCenter, 405 Lake Zurich Road

- Grief to Hope (Open):
Mondays, 10-11:30 a.m.
Thursdays, 6:30-8 p.m.
- Spouse Loss: moving forward
Wednesdays, September 4-October 23,
10-11:30 a.m.

Chicago

549 West Randolph, Suite 100

- Navigating Grief- One-time, 90 minutes educational workshop:
Thursday, August 22, 6-7:30 p.m.
- Grief to Hope:
Wednesdays, starting September 11-
October 30, 6:00-7:30 p.m.

Glenview

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

- Grief to Hope (Open):
Wednesdays, 6:30-8 p.m.
- Creating through grief – Open studio:
An expressive arts bereavement workshop for children and adolescents:
Thursday, June 20, 2-4 p.m.
- Healing after Loss- meditation for grieving workshop:
Tuesdays, July 2-16, 10-11:30 am.
- Navigating Grief-One-time, 90 minutes educational workshop:
Tuesday, August 13. 6-7:30 p.m.



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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 services to adults, teens and children **at no cost**. Our grief support services include:

- Individual counseling for adults, teens and children (6 yrs. and older)
- Grief groups for adults who have lost a loved one
- Family workshops
- Support services for children and teens, including BraveHeart and 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



Bereavement camp and activities for children and teens ages 6-13, who are grieving a loss.

(Please see enclosed flyer)

