



Navigating Grief

Finding Your Bearings After a Loss

As you begin the journey through grief, you may have questions, fears and concerns about what lies ahead. Education and support may be helpful during this time. Facilitated by a grief support counselor, Navigating Grief will provide information for people who have recently lost a loved one.

Topics include: normal grief reactions, coping mechanisms and what to expect.

Groups will be at JourneyCare Administrative Offices:

Tuesday, August 13, 6:00-7:30 p.m. @2050 Claire Court, **Glenview**

Thursday, August 22, 6:00-7:30 p.m. @ 549 West Randolph, Suite 100, **Chicago**

To register please call **224 770 2273** or email griefsupport@journeycare.org



Our grief support programs are designed to deliver what you need, when you need it, in a way that's most comfortable for you.



Referrals: 224-770-2489

Other inquiries: 847-467-7423 journeycare.org