

Grief Support Groups

Coping with loss, living with grief and returning to hope



All groups (other than "drop-in") require pre-registration, and are closed after the second session.

For more information, or to RSVP, call **224-770-2273** or email griefsupport@journeycare.org

BARRINGTON Pepper Family Hospice CareCenter, 405 Lake Zurich Rd.

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| <ul style="list-style-type: none">• Grief to Hope (Drop-in)
Mondays, 10-11:30 a.m.
Thursdays, 6:30-8 p.m. | <ul style="list-style-type: none">• Spouse Loss: Moving Forward
Thursdays, September 5-
October 24, 10-11:30 a.m. | <ul style="list-style-type: none">• BraveHeart Group (Kids/Teens)
Thursdays, September 5,
October 3, November 7 and
December 5, 6-8 p.m.
<i>(See enclosed flyer)</i> |
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CHICAGO 549 W. Randolph St., 4th floor

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| <ul style="list-style-type: none">• Navigating Grief: One time, 90-minute educational workshop. Thursday, August 22, 6-7:30 p.m. | <ul style="list-style-type: none">• Grief to Hope
Wednesdays, September 11-October 30, 6:00-7:30 p.m. |
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GLENVIEW Robert H. & Terri L. Cohn Campus, 2050 Claire Ct.

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| <ul style="list-style-type: none">• Grief to Hope
Wednesdays, September 11-
October 16, 6:30-8 p.m. | <ul style="list-style-type: none">• BraveHeart Group (Kids/Teens)
Tuesdays, September 10,
October 8, November 12 &
December 10, 6-8 p.m.
<i>(See enclosed flyer)</i> | <ul style="list-style-type: none">• Healing After Loss: Meditation for Grieving
Wednesdays, October 9, 16, 23,
30, 10-11:30 a.m. |
| <ul style="list-style-type: none">• Exploring Issues Related to Secondary Loss
Thursdays, September 12 & 19,
2-3:30 p.m. | <ul style="list-style-type: none">• Art Studio (Kids/Teens):
Creating through Grief
Thursday, August 15, 2-4 p.m. | |

ST. CHARLES Arcada Theatre, 105 E. Main St.

- **Grief Recovery:** Thursdays, September 12-October 24, 2:30-3:30 p.m.

FLOSSMOOR Flossmoor Community Church, 2218 Hutchison Rd.

- **BraveHeart Group (Kids/Teens)** Thursdays, September 12, October 10, November 14 & December 12, 6-8 p.m. *(See enclosed flyer)*

WOODSTOCK Hospice CareCenter & North Office, 527 W. South St.

- **Bridge of Hope:** Tuesdays, October 2- November 6, 6-7:30 p.m.



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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.

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 supports the healing process. Sharing experiences and emotions in a safe environment can help you face the future with renewed hope.

Our grief support services include:

- Groups for those who have lost any loved one: Grief to Hope, Bridge of Hope, Grief Recovery
- Groups for those who have lost a spouse: Spouse Loss-Moving Forward
- Individual and family counseling for adults, teens and children (6 yrs. and older)
- Phone counseling
- One-time and short-term workshops
- Programming for children and teens, including BraveHeart Support Group and Camp Courage summer camps for kids

Navigating Grief (1-session Workshop, registration required)

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

Exploring Issues Related to Secondary Loss (2-session Workshop, registration required)

Losing a loved one often creates other unexpected related losses. Come learn about issues of secondary loss with counselors...and bring your questions!

Healing After Loss: Meditation for Grieving (4-session Workshop, registration required)

Meditation can help with grief in a number of ways. Some common benefits: manage stress/trauma; improve sleep and physical symptoms; boost immune functioning; cultivate mental resilience; connect to inner wisdom and insight.