

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. | <ul style="list-style-type: none">• BraveHeart Group (Kids/Teens)
Thursdays, September 5, October 3, November 7 & December 5, 6-8 p.m.
(See enclosed flyer) |
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BARRINGTON Administrative Office, 600 Hart Road, Suite 270

- **Grief to Hope (Drop-in)** Thursdays, 6:30-8 p.m. (starting 10/3/19)

GLENVIEW Administrative Office, 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.
(See enclosed flyer) |
| <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">• Healing After Loss: Meditation for Grieving
Wednesdays, October 9, 16, 23, 30, 10-11:30 a.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.

- **Grief to Hope:** Wednesdays, October 23- November 20, 6-7:30 p.m.

LOMBARD Administrative Office, 1 E. 22nd Street, 8th floor

- **Grief to Hope:** Wednesdays, October 2- November 6, 3:30-5 p.m.

