

January - March 2019

Memorial Service

Interfaith Memorial Service

Sunday, February 24; 2:00pm

A service for family and friends whose loved ones were served by Rainbow Hospice and Palliative Care. All community bereaved who wish to remember their loved ones are welcome.

Registration preferred. Please register at 847-653-3141 or MemorialServiceRSVP@RainbowHospice.org

First United Methodist Church of Des Plaines
668 Graceland Ave., Des Plaines

Workshop Series

Our Workshop Series offers a variety of ways to find support and healing for those seeking practical, educational, expressive, and/or spiritual support in addition to, or instead of, individual or group counseling.

Love Lives On

Thursday, April 11; 6:30–8:30pm

Love Lives On is an educational and supportive workshop that examines the dynamics of love before and after loss, the balance of grieving and adjusting to a new life, as well as strategies for maintaining connection.

Registration required; please call 847-653-3141.

Fee: \$15.

Park Ridge Nonprofit Center
720 Garden St., Park Ridge

Labyrinth Workshop

Sunday, March 10; 10:30-12:00pm

Join us for a transformative experience using this ancient symbol for wholeness. Co-sponsored with the Jewish Healing Network. Funded by the Lauri S. Bauer Foundation for Sudden Loss.

Registration required; please call 847-653-3141. No fee.

Abe and Ida Cooper Center,
6639 N. Kedzie Ave., Chicago

Children, Teens, and Families Program

The Good Mourning Program

Mondays, Jan. 21, Feb. 18, Mar. 18; 6:45–8:00pm

A monthly support group for children, teens, young adults and families (including a Spanish-speaking adult group) who have lost a loved one through death. Held the third Monday of every month.

Preliminary interview required prior to registration. For location and registration, please call 847-653-3140. No fee.

Specialty Groups

Heartfelt Words Group

Wednesdays, Jan. 16, 23 & 30, Feb. 6 & 13; 7:00–8:30pm

Five-session support group in which participants will learn more about themselves and their loss by engaging with their feelings of grief through writing activities. No previous writing experience required.

Registration required; please call 847-653-3141.

Fee: \$50 for five sessions.

Park Ridge Nonprofit Center
720 Garden St., Park Ridge

Faith-Based Grief Group

Tuesdays, Feb. 19, Mar. 5 & 19, Apr. 2, 16 & 30; 7:00–8:30pm

Six-session support group exploring the grief process through an interfaith perspective. All faith and spiritual perspectives are welcome.

Registration required; please call 847-653-3141.

Fee: \$60 for six sessions.

Park Ridge Nonprofit Center
720 Garden St., Park Ridge

■ If you would like to receive an electronic quarterly calendar, please send an email to Subscribe@RainbowHospice.org.

Support Groups

Grief Share - Elgin

Thursdays, Jan. 17, Feb. 21, Mar. 21; 7:00pm

An ongoing support group designed to provide emotional support and guidance after the loss of a loved one. Facilitated by AMITA Health Spiritual Care.

Registration is not required; but you may call 847-695-3200, ext. 5767, to register. No fee.

AMITA Health St. Joseph Hospital Elgin (St. Joseph Room)
77 N. Airlite St., Elgin

Hope After Loss - Joliet

Wednesdays, Jan. 16, Feb. 20, Mar. 20; 1:00–2:30pm

An ongoing support group for adults who have experienced the loss of a loved one.

Registration required; please call 847-653-3141. No fee.

Villa Franciscan
210 Springfield Ave., Joliet

Bilingual Spanish/English Support Group

A support group for Spanish speaking bereaved who have lost a loved one. *Grupo de apoyo para los personas en luto. Se require inscripcion. Para mas informacion, por favor comuniquese con Daisy Vargas, 847-653-3223.*

Registration required. No fee.

AMITA Health St. Elizabeth Medical Center Chicago
Lake Shore Room (10th floor/Piso 10)
1431 N. Claremont Ave., Chicago

Familial Loss

Adult Loss of Parent

Wednesdays, Feb. 20, Mar. 6 & 20, Apr. 3 & 17, May 1;
7:00–8:30pm

A six-session group for adults who are grieving the death of a parent.

**Registration required; please call 847-653-3141.
Fee: \$60 for six sessions.**

Park Ridge Nonprofit Center
720 Garden St., Park Ridge

Spousal Loss

Registration is required for all spousal loss groups. Please call to register at 847-653-3141.

Holding Onto Hope

Thursdays, Jan. 17, Feb. 21, Mar. 21; 1:00–2:30pm

A monthly support group for persons who have experienced the loss of a spouse or significant other within the past two years.

Fee: \$10 per session.

Central Baptist Village, 4747 N. Canfield Ave., Norridge

Touchstones

Thursdays, Jan. 17, Feb. 21, Mar. 21; 1:00–2:30pm

A monthly support group for persons who have experienced the loss of a spouse or significant other within the past two to four years.

Fee: \$10 per session.

Central Baptist Village, 4747 N. Canfield Ave., Norridge

Life After Loss

Tuesdays, Jan. 22, Feb. 12 & 26, Mar. 12 & 26, Apr. 9;
7:00–8:30pm

A six-session support group for persons 55 years of age or younger who have experienced the loss of a spouse or significant other within the past two years.

Fee: \$60 for six sessions.

Park Ridge Nonprofit Center, 720 Garden St., Park Ridge

Transitions

Tuesdays, Jan. 8, Feb. 12, Mar. 12; 7:00–8:30pm

A monthly support group for persons 55 years of age or younger who have experienced the loss of a spouse or significant other within the last two to five years.

Fee: \$10 per session.

Park Ridge Nonprofit Center, 720 Garden St., Park Ridge

Widowed Support Group

Tuesdays, Jan. 8 & 22, Feb. 12 & 26, Mar. 12 & 26; 7:00–8:30pm

An ongoing support group for persons who have experienced the loss of a spouse or significant other within the past two years.

Fee: \$10 per session.

Park Ridge Nonprofit Center, 720 Garden St., Park Ridge

For more information, quarterly updates, or to register, please call **847-653-3141** or go to **www.RainbowHospice.org**.

Fees for workshops and groups are listed. If you cannot pay the full fee, we ask that you pay an amount which does not cause a hardship for you. Fees are waived for family / loved ones of Rainbow patients.