



Fall Grief Support

October – December 2019

Memorial Service

Interfaith Memorial Service

October 27 | 2:00pm

Lutheran Home | 800 W Oakton St | Arlington Heights

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**.

The Longest Night

December 22 | 5:00pm

Lutheran Home | 800 W Oakton St | Arlington Heights

Please join us for this dinner and remembrance service held during the winter solstice which is also known as the longest night of the year. This event is a co-sponsored event with Lutheran Home. Please register with Linda Smith at **847-368-7404** or **Linda.Smith@lulife.org**.



Workshops

Memory Pillow Workshop - Elgin

November 2 | 9:00am-1:00pm

Rainbow Hospice and Palliative Care | 799 S McLean Blvd | Elgin

Join us to make a memory pillow to celebrate the life of your loved one. This pillow will include a pocket for holding special mementos. Registration required. Please call Monika Kopec at **847-653-3175** or Monika.Kopec@amitahealth.org

Grief and the Holidays

November 17 | 2:00pm-3:30pm

Park Ridge Community Church | 100 Courtland Ave | Park Ridge

A workshop for people anticipating the holiday season after the death of a loved one. Presentation will explore strategies for coping with memories, feelings, and activities associated with the holiday season. Registration preferred. Please call **847-653-3141**.

Support Groups

Grieving Through the Creative Arts - Joliet

First Thursdays | 2:00pm-3:30pm

AMITA Health St Joseph Medical Center | Conference Room B | 333 N Madison St | Joliet

A support group for adults of any age who have experienced the death of a loved one. This group will include time for support and creative expression. Registration preferred; please call **847-653-3141** for additional information or to register.

Young Adult Grief Group

October 21 | November 18 | 7:00pm-8:00pm

AMITA Health Resurrection Medical Center | Marion Conference Center | 7435 W Talcott Ave | Chicago

A monthly support group for young adults (18 to 25 years) who have experienced the death of a loved one. Registration preferred; please call **847-653-3141** for additional information or to register.

Spanish Grief Group

October 21 | November 18 | 7:00pm-8:00pm

AMITA Health Resurrection Medical Center | Marion Conference Center | 7435 W Talcott Ave | Chicago

Un grupo de apoyo mensual para personas que hablan español que han perdido a un ser querido. Por favor contacte a Daisy Vargas al **847-653-3223** para fechas, tiempos, o para más información. Registration required. *Sin cargo, solo se requiere registraci3n.* A monthly support group for Spanish speaking bereaved who have lost a loved one. Please call Daisy Vargas at **847-653-3223** for dates, times and additional information.

Life Goes On

October 1 & 8 & 15 & 22 & 29 | November 5 | 2:00pm

Lutheran Home | 880 W Oakton St | Arlington Heights

A six-week support group for adults of any age who have experienced the death of a loved one. This event is a co-sponsored event with Lutheran Home. Please register with Linda Smith at **847-368-7404** or Linda.Smith@lulife.org.



Adult Loss of Parent

October 9 & 23 | November 6 & 20 | Dec 4 & 18 | 7:00pm-8:30pm
Park Ridge Community Church | 100 Courtland Ave | Park Ridge

A six-session support group for adults who are grieving the loss of a parent. Registration required. Please call **847-653-3141**.

The Good Mourning Program for Children, Teens, and Families

October 21 | November 18 | 6:45pm-8:00pm | Holiday Gathering Dec. 16 begins with dinner at 5:30pm
Please call for location

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. Third Monday of every month. Preliminary interview required prior to registration. For location and registration, please call **847-653-3140**.

LGBTQIA and Gender Expansive Support – Grief & Resilience

Every Thursday | 6:00pm-7:30pm
Howard Brown Health Counseling Center | 3948 N Sheridan Road | Chicago

A therapy group designed to help explore loss and resilience in affirming community. Grief and Resilience is an episodic support group focused on creating a safe space for LGBTQIA and Gender Expansive people to come together and explore the challenges of loss. The group focuses on the power of community while exploring resilience and remembering as a way of healing. This is a co-sponsored group with Howard Brown Health Counseling Center. Registration required. Contact Hugh Cole, LCSW/CADC/CGP at **773-572-8364** or HughC@HowardBrown.org.

Spousal Loss Groups

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

Holding onto Hope

Third Thursdays | 1:00pm-2:30pm
Central Baptist Village | 4747 N Canfield Ave | Norridge

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

Life After Loss

September 24 | October 8 & 22 | November 12 & 26 | December 10 | 7:00pm-8:30pm
Park Ridge Community Church | 100 Courtland Ave | Park Ridge

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.

Widowed Support Group

October 8 & 22 | November 12 & 26 | December 10 (not held on Dec. 24) | 7:00pm-8:30pm
Park Ridge Community Church | 100 Courtland Ave | Park Ridge

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



Transitions

October 8 | November 12 | December 10 | 7:00pm-8:30pm
Park Ridge Community Church | 100 Courtland Ave | Park Ridge

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.

Spousal Loss Support Group - Aurora

October 17 | November 21 | December 19 | 1:30pm-3:00pm
AMITA Health Mercy Medical Center | Warde Conference Room | 1325 N Highland Ave | Aurora

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

Spousal Social Groups: Lunch & Dinner Options

Monthly | Times and locations vary

Join us for a mealtime social group for individuals who have experienced the death of a spouse. Everyone pays their own way. These social gatherings are led by Rainbow Widow Support Services volunteers. Please contact us for more information at **847-653-3141**.