



## Grief and Loss Services January -- March 2020

### Memorial Service

#### **Interfaith Memorial Service**

Sunday, February 23 | 2:00pm

First Congregational Church of Des Plaines | 766 Graceland Ave | Des Plaines

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**.

### 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.

#### **“Gifts of Grief” Documentary**

Thursday, January 16 | 11am-1:00pm

Lutheran Home | 800 W Oakton St | Arlington Heights

Join us for this moving film that details the grief journeys experienced by seven individuals. Discussion following the film. Registration required; please call **847-653-3141**.



### Love Lives On

Tuesday, February 4 | 6:30pm-8:30pm

Park Ridge Community Church | 100 Courtland Ave | Park Ridge

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** to register.

### Labyrinth Workshop

March 2020. 6:30pm – 8:30pm. Date to be determined. Contact 847-653-3141 after January 1, 2020 for date.

Rainbow Hospice and Palliative Care | 1550 Bishop Ct | Mt. Prospect

Join us for a transformative experience using this ancient symbol for wholeness.

## Support Groups

### Grief Support Group - Joliet

Ongoing, first Thursday of each month, starting February 6 | March 5 | April 2 | 2:00pm-3:30pm

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

A support group for adults of any age who have experienced the death of a loved one. The focus will be on supporting each other as well as exploring ways to move through grief and loss. Registration preferred; please call **847-653-3141** for additional information or to register.

### Young Adult Grief Group

Ongoing, third Monday of each month. January 20 | February 17 | March 16 | 6:45pm-8:00pm

AMITA Health Resurrection Medical Center | Marian 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

Ongoing, third Monday of each month. January 20 | February 17 | March 16 | 6:45pm-8:00pm

AMITA Health Resurrection Medical Center | Marian 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. *Sin cargo, solo se requiere*

*registración*. A monthly support group for Spanish speaking bereaved who have lost a loved one. Registration required. Please call Daisy Vargas at **847-653-3223** for additional information.

### Adult Loss of Parent

Wednesdays, March 4 & 18, April 1, 15 & 29, and May 13 | 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

Ongoing, third Monday of each month. January 20 | February 17 | March 16 | 6:45pm-8:00pm

Monthly support groups for children, teens, young adults and families (including a Spanish-speaking adult group) who have lost a loved one through death. 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

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. This is co-sponsored 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**

Ongoing, third Thursday of each month. January 16 | February 20 | March 19 | 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**

Tuesdays January 28, February 11 & 25, March 10 & 24, and April 14 | 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**

Ongoing, second and fourth Tuesdays of each month. January 14 & 28 | February 11 & 25 | March 10 & 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**

Ongoing, second Tuesday of each month. January 14 | February 11 | March 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 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 Widowed Support Services volunteers. Please contact us for more information at **847-653-3141**.