



## Grief and Loss Services

April -- June 2020

**Due to precautions that have been put in place because of Covid19, some programs have been postponed. Please check about program status by calling the Bereavement Intake line, 847-653-3141.**

### Memorial Service

#### **Interfaith Memorial Service**

Sunday, June 28 | 3:00pm

Location to be determined. Call 847-653-3141 or see [RainbowHospice.org](http://RainbowHospice.org) after April 30th.

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.

#### **Love Lives On**

Tuesday, April 7 | 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.

### Remembering Mom

Saturday, May 9 | 9:30am-1:30pm

Location to be determined. Call 847-653-3141 or see [RainbowHospice.org](http://RainbowHospice.org) after March 15.

Remembering Mom is a Mother's Day workshop for adults of all ages whose mothers died at any point in their lives. Come to share memories and explore ways to maintain an enduring connection. Lunch will be provided.

Registration required; please call **847-653-3141** to register.

### Memory Pillow Workshop

Saturday, May 30 | 9:00am-1:00pm

Rainbow Hospice and Palliative Care | 1550 Bishop Ct | Mount Prospect

With the assistance of Rainbow Hospice volunteer sewers, you will create 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](mailto:Monika.Kopec@amitahealth.org)

## Support Groups

### Young Adult Grief Group

Ongoing, third Monday of each month. May 18 | June 15 | 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. May/mayo 18 | June/junio | 15 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 más información. *Sin cargo, solo se requiere registraci3n.* 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.

### The Good Mourning Program for Children, Teens, and Families

Ongoing, third Monday of each month. May 18 | June 15 | 6:45pm-8:00pm

Monthly support group 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**.

### Adult Loss of Parent

Wednesdays, March 18, April 1, 15 & 29, May 13 & 27 | 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**.

### **LGBTQIA and Gender Expansive Support – Grief & Resilience**

Second and fourth Thursdays. | 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. April 16 | May 21 | June 18 | 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, June 9 & 23, July 14 & 28, August 11 & 25 | 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. April 14 & 28 | May 12 & 26 | June 9 & 23 | 7:00pm-8:30pm

Park Ridge Community Church | 100 Courtland Ave | Park Ridge

A 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. April 14 | May 12 | June 9 | 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. **Note:** please call **847-653-3141** to find out when the next mealtime group will meet again.

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