



Grief and Loss Services

January -- March 2021

Due to precautions that have been put in place because of COVID-19, some programs have been postponed and others made available virtually. Please check program status by calling the Bereavement Intake line, 847.653.3141.

Interfaith Memorial Service

The AMITA Health Rainbow Hospice and Palliative Care Interfaith Memorial Services, held every four months, are currently suspended. We will resume when gathering to worship and remember in churches, synagogues, and other appropriate facilities is deemed safe for those attending. Until then, Rainbow Hospice will continue its mailing program for those grieving the loss of our patients. Anyone needing support or assistance is also encouraged to reach out to us through the Bereavement Intake line – **847.653.3141**. We look forward to coming together to remember and give thanks for the lives of your loved ones at an Interfaith Memorial Service in the near future.

Beyond Words Virtual Workshop | Date to be determined | 7:00pm-8:30pm |

Join us for an evening of comfort and healing based in music and art. No musical or artistic ability is required – just a willingness to explore your own creativity in a compassionate and supportive atmosphere. We'll provide time for centering, live harp music, mandala making and discussion.

Registration required. For more information or to register, please call **847.653.3141**.

Support Groups

Young Adult Grief Group

Ongoing, virtual option currently available.

A monthly support group for young adults (18 to 25 years) who have experienced the death of a loved one.

Registration required. For information or to register, please call **847.653.3141**.

The Good Mourning Program for Children, Teens, and Families

Ongoing, virtual option currently available.

Monthly support group for children, teens, young adults and families who have lost a loved one through death.

Preliminary interview required prior to registration. For information or to register, please call **847.653.3140**.

Adult Loss of Parent Support Group

Tuesdays: February 2 & 16 | March 2, 16 & 30 | April 13 | 7:00pm-8:30pm |

A six-session virtual support group for adults who are grieving the loss of a parent. *This group is offered three times a year.* For information or to register, please call **847.653.3141**.

LGBTQIA and Gender Expansive Support – Grief & Resilience

A virtual 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.

Life After Loss

Tuesdays: February 9 & 23 | March 9 & 23 | April 6 & 20 | 7:00pm-8:30pm |

A six-session virtual 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. *This group is offered three times a year.*

For information or to register, please call **847.653.3141**.

Holding onto Hope

Ongoing, third Thursday of each month. | January 21 | February 18 | March 18 | 1:00pm-2:30pm |

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

Widowed Support Group

Ongoing, Tuesdays, twice a month. | 7:00pm-8:30pm |

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

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