



## Grief and Loss Services January – March 2021

### Interfaith Memorial Service

Sunday, March 28 | 2:00pm |  
offered via Zoom

A service of remembrance 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 also welcome. Registration is required by Friday, March 19<sup>th</sup>.

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

### Virtual Workshops

**Finding New Hope** | Wednesday, February 17 | 7:00pm-8:30pm |

Join us as we explore new research and reflections on finding and maintaining hope in difficult times. Resilience is within our reach! Registration required by Friday, February 12<sup>th</sup>. For more information or to register, please call **847.653.3141**.

**Beyond Words** | Monday, March 8 | 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 by Monday, March 1<sup>st</sup>. For more information or to register, please call **847.653.3141**.

## Support Groups

### 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**.

### 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**.

### 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](mailto: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.

**For more information or to register for any of these programs, please call the Bereavement Intake line, 847.653.3141.**