



Grief and Loss Services September - November 2021

Interfaith Memorial Service

Sunday, October 24 | 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 Monday, October 18th

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

Virtual Bereavement Workshops

Always, My Child -- for loss of an adult child | Thursday, October 7 | 7:00pm-8:30pm | virtual workshop via Zoom

A time to remember and mourn the loss of your adult child in a space of deep compassion and understanding, with companions who share the journey through this profound loss. We'll provide an opportunity for learning, for discussion, and for honoring the life of your child.

Registration required by Friday, October 1st. For more information or to register, please call **847.653.3141**.

Grief and the Holidays | Thursday, November 11 | 7:00pm-8:30pm | virtual workshop via Zoom

A workshop for people anticipating the holiday season after the death of a loved one. The presentation will explore strategies for coping with memories, feelings, and activities associated with the holiday season.

Registration required by Friday, November 5. 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: September 28 | October 12 & 26 | November 9 & 23 | December 14 | 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: November 30 | December 14 & 28 | January 11 & 25 | February 8 | 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

A monthly daytime 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.