



Grief and Loss Services November 2021 – February 2022

Interfaith Memorial Service

Sunday, February 27, 2022 | 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.

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

Virtual Bereavement Workshop

Seven More Lessons from the Very Edge ...that I probably wouldn't have learned any other way...

Thursday, January 20, 2022 | 7:00pm-8:30pm | offered via Zoom

This workshop will provide the opportunity to reflect on what it means to survive life-changing loss. While respectfully acknowledging the pain and difficult realities of our grief experience, we'll explore the dignity and wisdom that come from a profound loss experience. We hope you leave the workshop with a greater appreciation of your own compassion and resilience. ***Whether you attended the first Seven Lessons workshop or not, please feel free to attend this one.***

Registration required by Friday, January 14, 2022. 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 8 & 22 | March 8 & 22 | April 12 & 26 | 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: January 11 & 25 | February 8 & 22 | March 8 & 22 | 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.