



## Grief and Loss Services April – June 2022

### Interfaith Memorial Service

Sunday, June 26 | 2:00pm |

First United Methodist Church of Des Plaines, 668 Graceland Ave, Des Plaines, IL 60016

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, June 20<sup>th</sup>.

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

### Bereavement Workshops

**Remembering Mom** | Saturday, May 7, 2022 | 10:30am – 1:00pm |

Edison Park Lutheran Church, 6626 N. Oliphant, Chicago, IL 60631.

If Covid precautions require, the workshop could be presented virtually via Zoom.

Remembering Mom is a workshop for adults of all ages whose mothers died at any point in their lives. Come to explore this important relationship, share memories, and find ways to maintain an enduring connection.

Registration required by Monday, May 2<sup>nd</sup>. For more information or to register, please call **847.653.3141**.

**Beyond Words** | Wednesday, May 11 | 7:00pm-8:30pm CT | offered via Zoom

Join us for an evening of comfort and healing based in music, art and writing. 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, reflective writing and discussion.

Registration required by Monday, May 2<sup>nd</sup>. For more information or to register, please call **847.653.3141**.

## Support Groups

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

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 | 7:00pm -- 8:30pm |

A six-session support group for adults who are grieving the loss of a parent. Currently being offered virtually. *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 | 7:00pm -- 8:30pm |

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. Currently being offered virtually.

*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.**