



Grief and Loss Services November 2022 – January 2023

Bereavement Workshops

Grief and the Holidays | Thursday, November 10 | 7:00pm-8:30pm CT | 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 4. For more information or to register, please call **847.653.3141**.

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

Thursday, January 26, 2023 | 7:00pm-8:30pm CT | 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.

Registration required by Friday, January 20, 2023. 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 CT | November 1, 15, & 29, December 13, January 3 & 17, 2023 |

A six-session virtual support group for adults who are grieving the loss of a parent.

Registration required. *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

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, 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 CT |

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.