

Grief Support



2017 Bereavement Support Groups & Workshops

Open to anyone who has experienced the death of someone close to them, our groups and workshops focus on learning, healing and encouragement. Conversation topics include: understanding grief and mourning, common myths about grief, available resources, the importance of community, helping others to heal ourselves, and self-care. All are welcome. Pre-registration is required for groups and workshops. Call 815.398.0500 or email: avitale@niha.org for more information. Locations of groups and workshops will be shared during pre-registration.

Please note: new members may join during the first and second meetings of any 6-week session. Shorter sessions are open to anyone who would like to join, however, sessions build upon themselves, so it is best to attend all of them.

Children and Teens Grieve Too! Workshop

(open to ages 6-17)

Saturday, September 16

9:00 a.m. – Noon

Healing Community Grief Support Group (6-weeks)

Tuesday mornings, 10-11:30 a.m.

Beginning on September 12

Wednesday evenings, 5:30-7 p.m.

Beginning on September 13