

# Grief Support



## 2017/2018 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](mailto: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, November 18, 2017

9:00 a.m. – Noon

## Healing Community Grief Support Group — co-sponsored with OSF Healing Pathways (6-weeks)

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

Beginning on January 16, 2018

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

Beginning on January 17, 2018