



# Creative Expressions

## FOR GRIEF SUPPORT

A Series of Eight Summer Sessions

July  
12

### Session 1

JEN CONLEY, MT-BC, LPC  
Northern Illinois Hospice Bereavement  
Coordinator/Music Therapist

Grief Overview, Telling our Story, and Grief Journaling: An overview of the grieving process, the benefits of creative coping and self-expression, sharing our journey and an introduction to Grief Journaling.

July  
26

### Session 3

JILL DAVIS-KUMANICH, LCSW  
Enriching Wellness, LLC

Resource Tapping for Emotional Healing: Using mindful awareness and intention to bring imagery and body sensation to emotional healing. The session will include an introduction to guided imagery as another way to bear emotional distress.

August  
9

### Session 5

JEN CONLEY, MT-BC, LPC  
Northern Illinois Hospice Bereavement  
Coordinator/Music Therapist

Music Therapy for Comfort, Grief Expression, and Self-Care: Explore ways music can enhance self-care and provide an emotional bridge to your loved one. Participate in a guided meditation to music and engage in lyric analysis including writing prompts.

August  
23

### Session 7

CAMILLE BAKER, LCPC, ATR, RYS  
Art Therapist/Counselor with  
Kaleidoscope Healing Arts

Art Therapy for Grief Support, the Memory Mosaic: Art is a metaphoric language, and a vehicle for healing which allows us to honor, remember and transform. A visual representation can also provide an emotional "container" for difficult feelings.

July  
19

### Session 2

ANDREW VITALE, CT  
Thanatologist/Author, Northern Illinois  
Hospice Bereavement Coordinator

Mindful Meditation and Resilience: We will take a look at, and practice, the arts of mindfulness and breath-work, and learn how we can begin to control trauma and grief when they rear their ugly heads using simple applications.

August  
2

### Session 4

REV DR. MARTHA BRUNELL  
Spiritual Director, Writer,  
Workshop/Retreat Leader

The Labyrinth: We keep in sight a center that holds as we journey with grief through the twists and turns of a handheld labyrinth. The labyrinth is an ancient spiritual symbol particularly helpful in times of transition and change.

August  
16

### Session 6

JO CESSNA  
Culinary Health Instructor

Food and Food Preparation for Healing: Learn about how food preparation can be not only an important part of personal health and well-being, but also an avenue to ritual, connection, meaning, legacy, and a healing avenue for our grief.

August  
30

### Session 8

JEN CONLEY, MT-BC, LPC  
Northern Illinois Hospice Bereavement  
Coordinator/Music Therapist

The Healing Arts as Companion: Discussion of integrating healing arts practices into your life, Grief Journaling, additional support opportunities and next steps in your journey.

\*\* All sessions are free of charge and from 6-7:30 p.m. in Zoom/Virtual format. You may attend all or choose only those that interest you. To register, visit [northernillinoishospice.org](http://northernillinoishospice.org), call 815.312.8338, or email [jconley@niha.org](mailto:jconley@niha.org).