

Lightways

Founded as Joliet Area  
Community Hospice

# Grief Support



January  
through  
June  
2024  
Program Guide

## Grief Support Services Available:

Grief Counseling

Grief Support Groups and Workshops

Grief Education

*In Person &  
Virtual*

*Free of Charge*

To register for counseling, contact Patrice Martin, LCSW, at 815-460-3282 or [griefsupport@lightways.org](mailto:griefsupport@lightways.org)

***Se Habla Espanol - Para más información llame al 815.460.3295***

**Dorothy Brown Resource Center, 320 Water Stone Way, Joliet**

New location Coming Soon! - in Matteson, IL

**Through darkness, we bring light.**

# Our Programs



See program schedule on next page for dates and times

## Support Groups

### General Loss Support Group

Support group for adults offering a safe place to share and the opportunity to meet others who understand the loss of a loved one.

Meets once a month virtually.

*No evening group in May due to workshop being held the same time*

### Spousal/Partner Loss Support Group

Support group for adults focusing on the effects of losing a spouse or partner. Meets both in person and virtually.

*No evening groups in Feb & due to workshops being held the same time*

### Parenting While Grieving Support Group

A monthly support group for parents and guardians that addresses the unique challenges involved in the family's adjustment to a death in the family.

### Grieving the Loss of a Child Support Group

A twice monthly support group for anyone that lost a child of any age.

Meets both in person and virtually.

### Teen Support Meet Ups

A quarterly program for teens (ages 12-17) with the focus on meeting others who understand their experience.

## Special Events

### Popcorn & Pajamas Family Watch Party

Join us for a family movie night showing a movie with a grief-related theme. Activities and snacks provided. All ages welcome!

**January 12th** - Registration recommended by Jan 5.



### Forever in Our Hearts - A Valentine Workshop

Holidays and Anniversaries can be difficult after a spouse or partner dies. Come join us as we address ways to approach Valentine's Day and other significant days without our spouse or partner.

**February 1st** - This workshop will take the place of our Spousal/Partner Loss evening group in February.

### Spring Grief Workshop Series

A four-session introductory grief workshop for adults, devoted to understanding and coping with the roller coaster ride of grief.

**May 9, 16, 23 & 30** - Registration recommended by May 1st

### Remembering Mom

Come join us for this unique tribute to our mothers before Mother's Day. A light brunch will be served.

**May 4** - Limited spots available so register early!

### A Tribute to Our Fathers

Come join us for this unique tribute to our fathers before Father's Day. A light dinner will be served.

**June 13** - Limited spots available so register early!



# Program Schedule

## January

Jan 4 - (IP) Spousal/Partner Loss; 10AM-11:30 AM  
- (IP) Spousal/Partner Loss; 1:30-3 PM  
- (V) Spousal/Partner Loss; 6-7:30 PM  
Jan 9 - (IP) Loss of Child; 1:30-3 PM  
Jan 12 - Popcorn & Pajamas 6-8:30 PM  
Jan 15 - (V) Parenting While Grieving; 6-7:30 PM  
Jan 18 - (V) General Loss; 6-7:30 PM  
Jan 23 - (V) Loss of Child; 6-7:30 PM

## February

Feb 1 - (IP) Spousal/Partner Loss; 10AM-11:30 AM  
- (IP) Spousal/Partner Loss; 1:30-3 PM  
- (V) Forever in Our Hearts 6-7:30 PM  
Feb 13 - (IP) Loss of Child; 1:30 - 3 PM  
Feb 15 - (V) General Loss; 6-7:30 PM  
Feb 19 - (V) Parenting While Grieving; 6-7:30PM  
Feb 27 - (V) Loss of Child; 6-7:30 PM

## March

Mar 7 - (IP) Spousal/Partner Loss; 10-11:30 AM  
- (IP) Spousal/Partner Loss; 1:30-3 PM  
- (V) Spousal/Partner Loss; 6-7:30 PM  
Mar 12 - (IP) Loss of Child; 1:30-3PM  
Mar 18 - (V) Parenting While Grieving; 6-7:30 PM  
Mar 21 - (V) General Loss; 6-7:30PM  
Mar 26 - (V) Loss of Child; 6-7:30 PM

## April

Apr 4 - (IP) Spousal/Partner Loss; 10-11:30 AM  
- (IP) Spousal/Partner Loss; 1:30-3 PM  
- (V) Spousal/Partner Loss; 6-7:30 PM  
Apr 9 - (IP) Loss of Child; 1:30-3 PM  
Apr 11 - (IP) A Time to Remember; 6:30-8:00PM  
Apr 15 - (V) Parenting While Grieving; 6-7:30 PM  
Apr 18 - (V) General Loss; 6-7:30 PM  
Apr 23 (V) - Loss of Child; 6-7:30PM

## May

May 2 - (IP) Spousal/Partner Loss; 10-11:30AM  
May 2 - (IP) Spousal/Partner Loss; 1:30-3 PM  
May 2 - (V) Spousal/Partner Loss; 6-7:30 PM  
May 4 - (IP) Remembering Mom; 10:30AM-12:30 PM  
May 14 - (IP) Loss of Child; 1:30-3 PM  
May 20 - (V) Parenting While Grieving; 6-7:30 PM  
May 28 - (V) Loss of Child; 6-7:30 PM  
Grief Workshop - 9, 16, 23 & 30

## June

Jun 6 - (IP) Spousal/Partner Loss; 10-11:30 AM  
- (IP) Spousal/Partner Loss; 1:30-3 PM  
- (V) Spousal/Partner Loss; 6-7:30 PM  
Jun 11 - (IP) Loss of Child; 1:30-3 PM  
Jun 13 - A Tribute to Our Fathers; 6-8 PM  
Jun 17 - Parenting While Grieving; 6-7:30PM  
Jun 20 - General Loss; 6-7:30 PM  
Jun 25 - Loss of Child; 6-7:30 PM

To register for a support group or special event, please contact us at  
815-460-3282 or [griefsupport@lightways.org](mailto:griefsupport@lightways.org)

# A Time to Remember

04.11.2024 | 6:30-8PM

Join us for our annual event to honor those we have lost during a special illumination event.



Register by April 1st by calling 815.460.3295  
emailing [griefsupport.org](mailto:griefsupport.org) or scanning QR code

**JACOB HENRY MANSION - JOLIET, IL**

Lightways complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Free language assistance services are available to our Lightways patients/families. Call 1-800-360-1817 or 815-740-4104 TTY/TTD 815-460-3224 Español (Spanish) ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-360-1817 (TTY: 1-815-460-3224). Polski (Polish) UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer

Joliet Area Community Hospice Corporation (DBA Lightways Hospice and Serious Illness Care).

Lightways  
Hospice and Serious Illness Care  
250 Water Stone Circle  
Joliet, IL 60431  
815.740.4104  
  
United Way  
Joliet Area Community  
& County Council

Non-profit Org  
U.S. Postage  
PAID  
Permit #72  
Joliet, IL