

# Lightways

Founded as Joliet Area  
Community Hospice

## Grief Support



## July through December 2025 Program Guide

Grief support is available to both hospice families and community members and is free of charge.

### **Grief Support Services Available - In person and virtual:**

Individual and Family Grief Counseling

Grief Support Groups and Workshops

Parent support for grieving children and adolescents

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

To set up an appointment, contact Nicollette Vasquez, LPC, Grief Support Team Leader, at 815-460-3282 or [griefsupport@lightways.org](mailto:griefsupport@lightways.org)

We are located at the Dorothy Brown Resource Center, 320 Water Stone Way, Joliet - next to the Lightways Administrative office.

**Through darkness, we bring light.**

# Our Programs

S U P P O R T

## Support Groups

*(See program schedule on next page for dates and times)*

### Spousal/Partner Loss Support Group

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

### Spousal/Partner Loss Support Group (50 & under)

A virtual grief support group designed for those 50 & younger who have experienced the death of a spouse or partner.

### Grieving the Loss of a Child Support Group

Monthly support group for anyone that lost a child of any age. Meets virtually (V)

## Special Events



Come join us in person to learn more about the tradition of *Día De Los Muertos* (Day of the Dead) and make an *ofrenda* (altar) to honor your loved one. All ages are encouraged to participate.

**(5-7pm) Oct 30**  
**Register by Oct 21**



### General Loss Support Group

Support group for adults offering a safe place to share and the opportunity to meet others who have experienced the loss of a loved one. Meets once a month virtually (V).

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

*\*No evening group in Nov due to Help for The Holidays being held at the same time*

### Teen Support Meet Ups

A monthly program for teens (ages 14-17) with the focus on meeting others who understand their experience.

"I found this workshop to be very helpful. I feel that it normalized the grieving process." ~  
Workshop Participant

### Fall Grief Workshop Series

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

**Sept 11, 18, 25 & Oct 2**

**Registration recommended by Aug 27th**

### Help for the Holidays Workshop

Special workshops that provide tips on how to approach the holidays without your loved one. Participants will make a keepsake to commemorate their loved one.

**(6 - 7:30pm)**

**Nov 10 (Families with children/teens)**

**Nov 20 (Adults)**

### Lights of Love Memorial Tribute

Join us for a special event to honor and remember your loved one before the start of the holiday season.

**(6pm) Nov 26** - registration information to come in the fall

# Program Schedule

## July

July 10 - (IP) Spousal/Partner Loss; 10AM-11:30 AM  
- (IP) Spousal/Partner Loss; 1:30-3 PM  
- (V) Spousal/Partner Loss; 6-7:30 PM  
July 17 - (V) General Loss; 6-7:30 PM  
July 21 - (V) Spousal/Partner Loss (50 & under) 6-7:30 PM  
July 22 - (V) Loss of Child; 6-7:30 PM  
July 28 - (IP) Teen Group; 5-6:30 PM

## August

Aug 7 - (IP) Spousal/Partner Loss; 10AM-11:30AM  
- (IP) Spousal/Partner Loss; 1:30-3 PM  
- (V) Spousal/Partner Loss; 6-7:30 PM  
Aug 18 - (V) Spousal/Partner Loss (50 & under) 6-7:30 PM  
Aug 21 - (V) General Loss; 6-7:30 PM  
Aug 25 - (IP) Teen Group; 5-6:30 PM  
Aug 26 - (V) Loss of Child; 6-7:30 PM

## Sept

Sept 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  
Sept 11 - (IP/V) Fall Workshop Night One; 6-8PM  
Sept 15 - (V) Spousal/Partner Loss (50 & under) 6-7:30 PM  
Sept 18 - (IP/V) Fall Workshop Night Two; 6-8PM  
Sept 22 - (IP) Teen Group; 5-6:30 PM  
Sept 23 - (V) Loss of Child; 6-7:30 PM  
Sept 25 - (IP/V) Fall Workshop Night Three; 6-8PM

## Oct

Oct 2 - (IP/V) Fall Workshop Night Four; 6-8PM  
Oct 9 - (IP) Spousal/Partner Loss; 10-11:30 AM  
- (IP) Spousal/Partner Loss; 1:30-3 PM  
- (V) Spousal/Partner Loss; 6-7:30 PM  
Oct 16 - (V) General Loss; 6-7:30 PM  
Oct 20 - (V) Spousal/Partner Loss (50 & under) 6-7:30 PM  
Oct 27 - (IP) Teen Group; 5-6:30 PM  
Oct 28 - (V) Loss of Child; 6-7:30PM  
Oct 30 - (IP) Día De Los Muertos Family Event; 5-7PM

## Nov

Nov 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  
Nov 10 - (V) Help for the Holidays (Families)  
Nov 17 - (V) Spousal/Partner Loss (50 & under) 6-7:30 PM  
Nov 17 - (IP) Teen Group; 5-6:30 PM  
Nov 20 - (V) Help for the Holidays (Adults)  
Nov 25 - (V) Loss of Child; 6-7:30 PM  
Nov 26 - (IP) Lights of Love

## Dec

Dec 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  
Dec 15 - (V) Spousal/Partner Loss (50 & under) 6-7:30 PM  
Dec 15 - (IP) Teen Group; 5-6:30 PM  
Dec 18 - (V) General Loss; 6-7:30 PM  
Dec 23 - (V) Loss of Child; 6-7:30 PM

(IP) = In Person @

Joliet Office

(V) = Virtual (Zoom)

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

# FALL

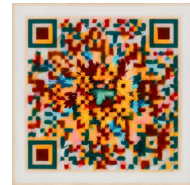
# Workshop

A four-session introductory grief workshop open to any adult who has experienced the death of a loved one. Workshop includes presentations by Grief Counselors combined with small group discussions between participants. Workshop is free of charge.

To register, contact us @  
815.460.3295  
[griefsupport@lightways.org](mailto:griefsupport@lightways.org)  
or scan QR code

**Register By Aug 27th**

Workshop will be offered both virtually and in-person at  
320 Water Stone Way, Joliet.  
**Sept 11, 18, 25 & Oct 2 🍁 6-8PM**



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).

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