

Lightways

Founded as Joliet Area
Community Hospice

Grief Support



July through December 2026 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

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).

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

Parent Loss Support Group

A monthly in person Support Group that focuses on the unique grief experienced after the death of a parent or parental figure. Meets monthly in person (IP).

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 Oct 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*

Grieving the Loss of a Child Support Group

Monthly support group for anyone that lost a child of any age.

Meets virtually (V)

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

Special Events

Día de los muertos
Family Event

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 29
Register by Oct 16



Fall Grief Workshop Series

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

(6-8pm)

Oct 1, 8, 15 & 22

Registration recommended by Sept 18th

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 17 (Families with children/teens)

Nov 19 (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 25 - registration information to come in the fall

Program Schedule

July

July 9 - (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 16 - (V) General Loss; 6-7:30 PM
July 21 - (V) Loss of Child; 6-7:30 PM
July 27 - (IP) Parent Loss Group; 5-6:30 PM

August

Aug 6 - (IP) Spousal/Partner Loss; 10AM-11:30AM
- (IP) Spousal/Partner Loss; 1:30-3 PM
- (V) Spousal/Partner Loss; 6-7:30 PM
Aug 20 - (V) General Loss; 6-7:30 PM
Aug 24 - (IP) Parent Loss Group; 5-6:30 PM
Aug 25 - (V) Loss of Child; 6-7:30 PM

Sept

Sept 3 - (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 17 - (V) General Loss; 6-7:30 PM
Sept 21 - (V) Parent Loss; 5-6:30 PM
Sept 22 - (IP) Loss of Child; 5-6:30 PM

Oct

Oct 1 - (IP) Spousal/Partner Loss; 1:30-3 PM
Oct 26 - (IP) Parent Loss Group; 5-6:30 PM
Oct 27 - (V) Loss of Child; 6-7:30PM
Oct 29 - (IP) Día De Los Muertos Family Event; 5-7PM

(IP/V) Fall Workshop Series Oct 1, 8, 15 & 22; 6-8PM

Nov

Nov 5 - (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 16 - (IP) Parent Loss Group; 5-6:30 PM
Nov 17 - (V) Help for the Holidays (Families)
Nov 19 - (V) Help for the Holidays (Adults)
Nov 24 - (V) Loss of Child; 6-7:30 PM
Nov 25 - (IP) Lights of Love

Dec

Dec 3 - (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 17 - (V) General Loss; 6-7:30 PM
Dec 22 - (V) Loss of Child; 6-7:30 PM
Dec 28 - (IP) Parent Loss Group; 5-6:30 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



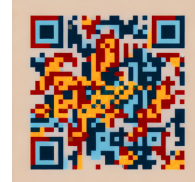
Workshop

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

**Registration
Recommended
By Sept 18th**

Workshop will be offered both virtually and in-person at
320 Water Stone Way, Joliet.
Oct 1, 8, 15 & 22 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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