Lightways

Hospice and Serious Illness Care

Grief Support

January through June 2027

Program Guide

FREE Grief Support Services are Available In Person* & Virtually

To learn more about or register for any of our programs:

- 815.460.3282
- griefsupport@lightways.org
- Scan this QR Code to visit our website
- Follow us on Facebook

SCAN ME

Se Habla Espanol - Para más información llame al 815.460.3295

* **In Person services provided at the Dorothy Brown Resource Center, 320 Water Stone Way, Joliet**

Through darkness, we bring light.

Grief Support Services Available

See program schedule on next page for dates and times of group meetings and special events.

Grief Counseling

Short-term Grief Counseling provides grievers with a confidential and non-judgmental space to review the circumstances of their loss, consider how they have been impacted by their loss, and find ways that they can best cope with those impacts.

Grief counseling is available to individuals and families of all ages. Family counseling offers families the opportunity to share with one another how they are being impacted by the loss and work on how they can best support each other in the grief journey. Counselors and Child Life Specialists are also available to parents looking to understand the needs of their grieving child.

Debriefing

Debriefing with a Grief Counselor, or other Healthcare provider, can be helpful to a griever if they are confused by the circumstances of the death or are experiencing regret or concern about whether they did anything to contribute negatively to their person's dying experience. Debriefing is also available to individuals and families, and can be conducted in person or virtually.

Grief Support Groups

Grief Support Groups can be very helpful to those interested in meeting with others who are experiencing a similar loss. Group sessions help grievers normalize their grief reactions and learn more about themselves. Support groups focus on the unique aspects of the type of loss (i.e. spousal/partner, parent, child and general losses). Groups are offered monthly either in person or virtually. See the next page for times and dates.

Special Family Events (see below)

Special Events can provide opportunities to both individuals and families to honor the person they lost in a special and meaningful way, as well as to connect with others who are grieving. Many special events are organized around a holiday, which can help families who are uncertain about how to "celebrate" without their loved one.

Grief Workshops (see below)

Grief workshops provide grievers with education about grief and allow participants to share their experiences with one another.

Special Events

Simmer & Stir: Finding Comfort in the Kitchen After Loss

Come join members of our Culinary and Grief Support Team to learn tips on meal planning, prep and cooking after the loss of your loved one. Event will include a live demonstration.
January 19 - *Register by January 12th*

Forever in Our Hearts - A Virtual Valentine Workshop

Come join us virtually as we address ways to approach Valentine's Day and other significant days without our spouse or partner.
February 4 - *This workshop will take the place of our virtual Spousal/Partner Loss evening group in February.*

Popcorn and Pajamas - Virtual Family Event

Join us for a family movie night showing a movie with a grief-related theme. Activities and snacks provided. All ages welcome!
February 19th - Registration recommended by February 5th

Spring Grief Workshop Series

A four-session introductory grief workshop for adults, devoted to understanding and coping with the roller coaster ride of grief. Participants can attend in person or virtually.
March 4, 11, 18 & 25 - *Registration recommended by February 19th*

A Time to Remember - Luminary Event

A annual remembrance event at the Jacob Henry Mansion in Joliet, IL to honor those we have lost.
April 22- *Register by April 2nd*

Remembering Mom

Come join us for this unique tribute to our mothers before Mother's Day. A light brunch will be served.
May 8- *Limited spots available so register early by April 23rd!*

The Memory Box Project - Family Event

Come join other families online to create a special memory keepsake box for your special person. Program is designed for families with children or adolescents who have experienced the death of a loved one.
May 17- *Registration recommended by May 10th*

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 10 - *Limited spots available so register early by May 28th!*

Program Schedule

January

Jan 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

Jan 19 - (IP) Simmer & Stir, 11am-12:30pm
Jan 21 - (V) General Loss; 6-7:30 PM
Jan 25 - (IP) Parent Loss; 5-6:30 PM
Jan 26 - (V) Loss of Child; 6-7:30 PM

February

Feb 4 - (IP) Spousal/Partner Loss; 10-11:30 AM
- (IP) Spousal/Partner Loss; 1:30-3 PM
- (V) Forever in Our Hearts 6-7:30 PM

Feb 18 - (V) General Loss; 6-7:30 PM
Feb 19 - (V) Popcorn & Pajamas 5:30-7:30 PM
Feb 22 - (IP) Parent Loss; 5-6:30 PM
Feb 23 - (V) Loss of Child; 6-7:30 PM

March

Mar 4 - (IP) Spousal/Partner Loss; 1:30-3 PM
Mar 22 - (IP) Parent Loss; 5-6:30 PM
Mar 23 - (V) Loss of Child; 6-7:30 PM

Spring Workshop (H)- Mar 4, 11, 18 and 25 ; 6-8 PM

April

Apr 1 - (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 15 - (V) General Loss; 6-7:30 PM
Apr 22 - (IP) A Time to Remember; 6:30-8:00 PM
Apr 26 - (IP) Parent Loss; 5-6:30 PM
Apr 27 - (V) Child Loss; 6-7:30 PM

May

May 6 - (IP) Spousal/Partner Loss; 10-11:30AM
- (IP) Spousal/Partner Loss; 1:30-3 PM
- (V) Spousal/Partner Loss; 6-7:30 PM

May 8 - (IP) Remembering Mom; 10:30AM-12:30 PM
May 17 - (IP) Memory Box Project; 5:30PM-7PM
May 20 - (V) General Loss; 6-7:30 PM
May 24 - (IP) Parent Loss: 5-6:30 PM
May 25 - (V) Loss of Child; 6-7:30 PM

June

Jun 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

Jun 10- (IP) A Tribute to Our Fathers; 6-8 PM
Jun 17 - (V) General Loss; 6-7:30 PM
June 21 - (IP) Parent Loss; 5-6:30 PM
Jun 22 - (V) Loss of Child; 6-7:30 PM

IP = In Person @ Joliet Office, **V** = Virtual (Zoom), or **H** = Offered both Virtually and In Person

For more information, contact us at 815.460.3282 or griefsupport@lightways.org

Peace of the Heart Kids Camp

Pilcher Park Nature Center, Joliet IL

- FOR AGES 7-13
- INCLUDES FISHING, HIKING, ARTS & CRAFTS, MUSIC & MORE
- NO COST!

June 28–July 1, 2027 9 AM–3 PM

Registration opens April 1st.

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

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