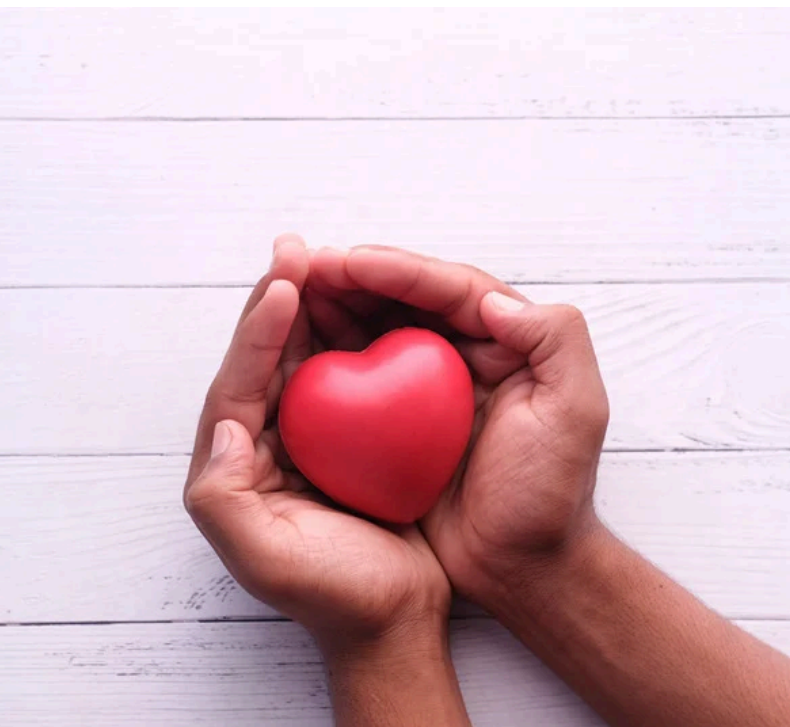


Lightways

Founded as Joliet Area
Community Hospice

Grief Support



July through December 2024 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 Español - Para más información llame al 815.460.3295

To set up an appointment, contact Patrice Martin, LCSW, Director of Grief Support Services, at 815-460-3282 or griefsupport@lightways.org

We are now 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)

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 Nov 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 monthly both in person (IP) and virtually (V).

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 (IP) and virtually (V).

Teen Group

A support group program for teens with the focus on meeting other teens who understand the experience of losing a loved one.

Special Events

"Speaking Grief" Screening

Join us in a viewing of the documentary "Speaking Grief" to learn more about the grief experience and how to best support a griever.

(6-7:30pm) Aug 29th

Register by Aug 19th



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 24

Register by Oct 18



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 12 (Families with children/teens), Nov 21 (Adults) Register by Nov 8th

Lights of Love Memorial Tribute

Join us at the Rialto Square Theatre in Joliet to honor and remember your loved one before the start of the holiday season.

(6pm) Nov 27 - registration information to come in the fall

Program Schedule

July

July 9 - (IP) Loss of Child; 1:30-3 PM
July 11 - (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 15 (V) Parenting While Grieving; 6-7:30 PM
July 18 - (V) General Loss; 6-7:30 PM
July 23 - (V) Loss of Child; 6-7:30 PM

August

Aug 1 - (IP) Spousal/Partner Loss; 10AM-11:30 AM
 - (IP) Spousal/Partner Loss; 1:30-3 PM
 - (V) Spousal/Partner Loss; 6-7:30 PM
Aug 5-8 - Peace of the Heart Kids Camp
Aug 13 - (IP) Loss of Child; 1:30-3 PM
Aug 15 - (V) General Loss; 6-7:30 PM
Aug 19 - (V) Parenting While Grieving; 6-7:30 PM
Aug 27 - (V) Loss of Child; 6-7:30 PM
Aug 29 - (IP) Speaking Grief Viewing

Sept

Sept 5 - (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 10 - (IP) Loss of Child; 1:30-3 PM
Sept 16 - (V) Parenting While Grieving; 6-7:30 PM
Sept 19 - (V) General Loss; 6-7:30 PM
Sept 24 - (V) Loss of Child; 6-7:30 PM

Oct

Oct 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
Oct 8 - (IP) Loss of Child; 1:30 -3 PM
Oct 17 - (V) General Loss; 6-7:30 PM
Oct 21 - Parenting While Grieving; 6-7:30 PM
Oct 24 - (IP) Día De Los Muertos Family Event; 5-7PM
Oct 29 - (V) Loss of Child; 6-7:30PM

Nov

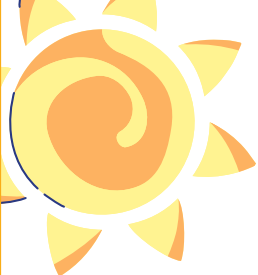
Nov 7 - (IP) Spousal/Partner Loss; 10-11:30 AM
 - (IP) Spousal/Partner Loss; 1:30-3 PM
 - (V) Spousal/Partner Loss; 6-7:30 PM
Nov 12 - (IP) Loss of Child; 1:30-3 PM
Nov 12 - Help for the Holidays (Families)
Nov 18 - (V) Parenting While Grieving; 6-7:30 PM
Nov 21 - Help for the Holidays (Adults)
Nov 26 - (V) Loss of Child; 6-7:30 PM
Nov 27 - (IP) Lights of Love

Dec

Dec 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
Dec 10 - (IP) Loss of Child; 1:30-3 PM
Dec 16 - (V) Parenting While Grieving; 6-7:30 PM
Dec 17 - (V) Loss of Child; 6-7:30 PM
Dec 19 - (V) General Loss; 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



Peace of the Heart KIDS CAMP

AUGUST 5-8, 2024

9am-3pm

Pilcher Park Nature Center - Joliet, IL

A grief camp that gives kids the opportunity to process their grief while meeting others that have experienced a loss

- for ages 7-13
- No Cost!



To register, contact us @
815-460-3295
griefsupport@lightways.org
or scan QR code

REGISTER BY June 28th

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 1-800-50-1817 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 1-800-300-1817 (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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Lightways
Hospice and Serious Illness Care
250 Water Stone Circle
Joliet, IL 60431
815.740.4104
