

# Lightways

Founded as Joliet Area  
Community Hospice

## Grief Support



## July through December 2023 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 Patrice Martin, LCSW, Director of Grief Support Services, at 815-460-3282 or [griefsupport@lightways.org](mailto: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



## 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.

**(6 pm - Virtual) July 20, Aug 17, Sept 21, Dec 21**

\*No evening group in Oct/Nov due to workshops being held the same time

### Spousal/Partner Loss Support Group

Support group for adults focusing on the effects of losing a spouse or partner.

**(10 am & 1:30 pm) July 6, Aug 3, Sept 7, Oct 5 (1:30pm only) Nov 2, Dec 7**

**(6 pm - Virtual) July 6, Aug 3, Sept 7, Nov 2, Dec 7**

\* No evening groups in Oct due to workshops being held at 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. Both in-person and virtual options are offered.

### Teen Support Group

A quarterly support group 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 in person for a family movie night showing a movie with a grief-related theme. Activities and snacks provided. All ages welcome!

**(5-7:30pm) June 29**

**Registration recommended by June 9**



### 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) Sept 28, Oct 5, Oct 12, Oct 19**

*" You find a whole new community of wonderful people that support each other. You learn tools and ideas to help you walk your grief journey."*

- Workshop Participant

### 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. Materials and snacks will be provided prior to workshop and are free of charge. All ages are encouraged to participate.

**(5-7pm) Oct 23**

**Register by Oct 16**



### 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 13 (Families with children/teens), Nov 16 (Adults)**

# Program Schedule

\* *IP or V indicates whether event is In Person (IP) or Virtual (V)*

## July

July 6 - (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 11 - (IP) Loss of Child; 1:30-3 PM  
July 17 - (V) Parenting While Grieving; 6-7:30 PM  
July 20 - (V) General Loss; 6-7:30 PM  
July 25 - (V) Loss of Child; 6-7:30 PM

## August

Aug 1 - (IP) Loss of Child; 1:30 - 3 PM  
Aug 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  
Aug 7-10 - Peace of the Heart Kids Camp  
Aug 17 - (V) General Loss; 6-7:30 PM  
Aug 22 - (V) Loss of Child; 6-7:30 PM  
Aug 28 - (V) Parenting While Grieving; 6-7:30 PM

## Sept

Sept 7 - (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 12 - (IP) Loss of Child; 1:30-3 PM  
Sept 18 - (V) Parenting While Grieving; 6-7:30 PM  
Sept 21 - (V) General Loss; 6-7:30 PM  
Sept 26 - (V) Loss of Child; 6-7:30 PM  
Sept 28 - (V) Grief Workshop - Night One

## Oct

Oct 5 - (IP) Spousal/Partner Loss; 1:30-3 PM  
Oct 5 - (V) Grief Workshop - Night Two  
Oct 10 - (IP) Loss of Child; 1:30 - 3 PM  
Oct 12 - (V) Grief Workshop - Night Three  
Oct 16 - Parenting While Grieving; 6-7:30 PM  
Oct 19 - (V) Grief Workshop - Night Four  
Oct 23 - (IP) Día Del Los Muertos Family Event; 5-7PM  
Oct 24 - (V) Loss of Child; 6-7:30 PM

## Nov

Nov 2 - (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 13 - Help for the Holidays (Families)  
Nov 14 - (IP) Loss of Child; 1:30-3 PM  
Nov 16 - Help for the Holidays (Adults)  
Nov 20 - (V) Parenting While Grieving; 6-7:30 PM  
Nov 22 - (IP) Lights of Love  
Nov 28 - (V) Loss of Child; 6-7:30 PM

## Dec

Dec 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  
Dec 12 - (IP) Loss of Child; 1:30-3 PM  
Dec 18 - (V) Parenting While Grieving; 6-7:30 PM  
Dec 21 - (V) General Loss; 6-7:30 PM  
Dec 26 - (V) Loss of Child; 6-7:30 PM

To register, please contact Patrice Martin at 815-460-3282, [griefsupport@lightways.org](mailto:griefsupport@lightways.org), or visit our Facebook page at <https://www.facebook.com/lightwaysgriefsupport>

# Peace of the Heart Kids Camp

## CAMP FOR GRIEVING CHILDREN AND TEENS

**August 7 - 10, 2023 9am - 3pm**  
**Pilcher Park Nature Center**  
**250 Highland Park Dr. Joliet, IL**

**To apply, scan the QR code, email  
griefsupport@lightways.org  
or call 815.460.3295 to request an  
application.**

Lightways Grief Support Team is offering a four-day grief camp for kids ages 7-13 who have experienced the death of a loved one. Activities offer kids the opportunity to process their grief and meet others who have experienced a loss.

\* There is no cost to camp thanks to the donations and grants supporting Lightways



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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