

# Lightways

Founded as Joliet Area  
Community Hospice



## Grief Support



## July through December 2021 Program Guide

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

### **Grief Support Services Available:**

Individual and Family Grief Counseling, including Art Therapy

Grief Support Groups and Workshops

Parent support for grieving children and adolescents

***Se Habla Espanol***

To set up an appointment, contact Patrice Martin, LCSW, Director of Grief Support Services, at 815-460-3282 or [pmartin@lightways.org](mailto:pmartin@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.

**(1:30-3 pm) Jul 9, Aug 13, Sept 10, Oct 15, Nov 12, Dec 10**

**(6-7:30 pm) Jul 15, Aug 19, Sept 16, Dec 16**

No groups 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.

**(1:30-3 pm) Jul 1, Aug 5, Sept 2, Oct 7, Nov 4, Dec 2**

**(6-7:30 pm) Jul 1, Aug 5, Sept 2, Nov 4, Dec 2**

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

## Special Events

### Virtual Popcorn & Pajamas Family Watch Party

Join us for a family movie night showing a movie with a grief-related theme. Activities and snacks provided. All ages welcome!

**(6-8:30pm) Sept 17 -Registration recommended by Sept 10**



### Fall Grief Workshop

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

**(6-8pm) Sept 30, Oct 7, Oct 14, Oct 21**

*"(Grief Support Group) helps to give you peace of mind, knowing you are not alone."  
-Participant*

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

### Teen Support Group

A monthly support group program for teens ages 12-17 with the focus on meeting others who understand their experience.

**(6-7:30 pm) Jul 12, Aug 2, Sept 13, Oct 4, Nov 1, Dec 6**



### Día De Los Muertos Family Event

Come join us 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 will be provided prior to workshop and are free of charge. All ages encouraged to participate

**(6-7:30pm) Oct 27 -Register by Oct 18th**

### Help for the Holidays Workshops

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

**(6-8:30pm) Nov 15 (Families with children/teens), Nov 18 (Adults)**

# Program Schedule

*See previous page for description, times and registration dates.*

## July

Jul 1 - Spousal/Partner Loss; 1:30-3 PM  
- Spousal/Partner Loss; 6-7:30 PM  
Jul 9 - General Loss; 1:30-3 PM  
Jul 13 - Loss of Child; 6-7:30 PM  
Jul 15 - General Loss; 6-7:30 PM  
Jul 26 - Parenting While Grieving; 6-7:30PM  
Jul 27 - Loss of Child; 6-7:30 PM

## August

Aug 5 - Spousal/Partner Loss; 1:30-3 PM  
- Spousal/Partner Loss; 6-7:30 PM  
Aug 10- Loss of Child; 6-7:30 PM  
Aug 13 - General Loss; 1:30-3 PM  
Aug 19 - General Loss; 6-7:30 PM  
Aug 23 - Parenting While Grieving; 6-7:30PM  
Aug 24 - Loss of Child; 6-7:30 PM

## September

Sept 2 - Spousal/Partner Loss; 1:30-3 PM  
- Spousal/Partner Loss; 6-7:30 PM  
Sept 10 - General Loss; 1:30-3 PM  
Sept 14 - Loss of Child; 6-7:30 PM  
Sept 16 - General Loss; 6-7:30 PM  
Sept 17 - Popcorn & Pajamas; 6-8:30PM  
Sept 27- Parenting While Grieving; 6-7:30PM  
Sept 28- Loss of Child; 6-7:30 PM  
Sept 30 - Grief Workshop - Night One

## October

Oct 7 - Spousal/Partner Loss; 1:30-3 PM  
Oct 7 - Grief Workshop - Night Two  
Oct 12 - Loss of Child; 6-7:30PM  
Oct 14 - Grief Workshop - Night Three  
Oct 15 - General Loss; 1:30-3 PM  
Oct 21- Grief Workshop - Night Four  
Oct 25 - Parenting While Grieving; 6-7:30 PM  
Oct 26 - Loss of Child; 6-7:30PM  
Oct 27 - Dia de Los Muertos Family Event

## November

Nov 4- Spousal/Partner Loss; 1:30-3 PM  
- Spousal/Partner Loss; 6-7:30 PM  
Nov 9- Loss of Child; 6-7:30 PM  
Nov 12 - General Loss; 1:30-3 PM  
Nov 15 - Help for the Holidays (Families)  
Nov 18 - Help for the Holidays (Adults)  
Nov 22 - Parenting While Grieving; 6-7:30PM  
Nov 23 - Loss of Child; 6-7:30 PM

## December

Dec 2 - Spousal/Partner Loss; 1:30-3 PM  
- Spousal/Partner Loss; 6-7:30 PM  
Dec 10 - General Loss; 1:30-3 PM  
Dec 14- Loss of Child; 6-7:30 PM  
Dec 16 - General Loss; 6-7:30 PM  
Dec 27 - Parenting While Grieving; 6-7:30PM  
Dec 28 - Loss of Child; 6-7:30 PM

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

## PEACE OF THE HEART VIRTUAL KIDS CAMP

A four day grief camp for kids, ages 7-13, offering the opportunity to meet other kids who have experienced the death of a loved one.

July 26-29

Save the Date:  
**Lights of Love**  
Wednesday,  
November 24, 2021

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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