

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

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 Dia 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, or visit our Facebook page at <https://www.facebook.com/lightwaysgriefsupport>



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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