Winter – Spring Grief Support
January – May 2018

Spousal Support Groups
These ongoing groups provide a safe, caring environment for people after the death of a spouse or partner. Groups meet every month as listed below for each quarter. This group meets indefinitely. Registration is required. For more information or to register contact 630.233.5118 or Heather.Nickrand@amitahealth.org

Both groups meet at the times and locations listed below:
• Option 1: Beginnings-support after the death of a spouse/partner recently to a year ago
• Option 2: Transitions-support after the death of a spouse/partner beyond the first year

Beginnings and Transitions Group
January 4 | February 1 | March 1 | April 5 | May 3
10 – 11:30 am
First Thursdays of the Month

AMITA Health
St. Alexius Medical Center,
Hoffman Estates
The Doctors Building Three
Cancer Institute Conference Room
1555 Barrington Rd.
Hoffman Estates

Beginnings or Transitions Groups
January 18 | February 15 | March 15 | April 19 | May 17
6:30 – 8 pm
Third Thursdays of the Month

AMITA Health
Alexian Brothers Medical Center,
Elk Grove Village
Cancer Institute Conference Rooms
Biesterfield Rd., Suite 120
Elk Grove Village
Reconnections
January 26 | February 23 | March 23 | April 27 | May 25 | 1 pm
Lunch at The Egg Basket | 880 S. Barrington Rd | Streamwood
Fourth Fridays of the Month
January 9 | February 13 | March 13 | April 10 | May 8 | 6 pm
Dinner at Omega | 1823 W Wise Rd | Schaumburg
Second Tuesdays of the Month

Join us for a mealtime social group for people 1 year after and beyond the death of their spouse. If you’re ready to move forward, but finding it hard to reconnect socially, then this group is for you! Everyone pays their own way. We provide the plans; you provide the fun and friendship! This social group is led by an AMITA Health Alexian Brothers Hospice Volunteer. Registration is available for lunch and dinner options or just one meal gathering. Please RSVP the week of the event to 630.233.5118 or Heather.Nickrand@amitahealth.org

Support Groups: General Loss
January 3 | February 7 | March 7 | April 4 | May 2
11 – 12:00 pm
AMITA Health Alexian Brothers Medical Center | Elk Grove Village
Kennedy Conference Room 4

This ongoing grief group is offered to provide support for individuals who have experienced the death of a loved one. Groups are facilitated by a grief specialist from AMITA Health Alexian Brothers Hospice. Registration is required. For more information or to register contact 630.233.5118 or Heather.Nickrand@amitahealth.org

Workshops: Parental Loss
January 30 | March 27
6:30 – 8 pm
AMITA Health Alexian Brothers Medical Center | Elk Grove Village
Kennedy Conference Room 1

This workshop is offered to provide support for adult children grieving the loss of their parent or guardian. This group will be led by a grief specialist from AMITA Health Alexian Brothers Hospice. Registration is required. For more information or to register contact 630.233.5118 or Heather.Nickrand@amitahealth.org

Young Adult Loss
May 24 | 4:30 – 5:30 pm
AMITA Health Alexian Brothers Hospice Residence | Elk Grove Village
Family Room

This workshop is offered to provide support for young adults grieving the loss of a loved one. Losing a loved one at a young life stage brings changes that are hard to explain and understand. We offer a supportive environment for participants to share their loss in the presence of others who are experiencing similar reactions. For young adults aged 18-35. This group is facilitated by a grief specialist from AMITA Health Alexian Brothers Hospice. Registration is required. For more information or to register contact 630.233.5118 or Heather.Nickrand@amitahealth.org
Cooking for One: Culinary Grief Therapy
January 16, 6 – 8 pm | February 20, 6 – 8 pm | March 20, 6 – 8 pm | April 3, 6 – 8 pm | May 12, 10 – 12 pm
January Series Resolutions for the New Year | February Series Soups & Stews | March Series Cooking While Caregiving | April Series Celebrating Life with Food | May Series Light Lunches Sandwiches

Staying healthy during grief is important, but many people have a tough time shopping and cooking for themselves. If the thought of cooking for one has been weighing you down, then join us for a live cooking demo with professional chefs and a grief specialist at College of DuPage Culinary and Hospitality Center. You’ll learn techniques and recipes that will redefine the joys and happiness of cooking—even if it is just for one.

March 27, 6 – 8 pm | April 24, 6 – 8 pm
Cooking Support Club
This group is for individuals who have participated in the annual Cooking for One Series workshops and are looking for a social cooking group to practice the skills developed through chef guided recipes to share meals.

College of DuPage Culinary Arts Amphitheater | 425 Fawell Blvd. | Glen Ellyn
RSVP one week prior to all series at 630.233.5118 or Heather.Nickrand@amitahealth.org

Memorial Services: Hospice Celebration of Life
Tuesday, May 22 | 6 – 7 pm
AMITA Health Alexian Brothers Medical Center | Elk Grove Village
Kennedy Center Conference Rooms

Join the hospice staff for a light dinner and a time of celebration and remembrance of those we have had the honor of serving in hospice care. Family and friends of our hospice patients are welcome to attend. Please e-mail a picture with one to two sentences about your loved one to Heather.Nickrand@amitahealth.org by May 15.

RSVP by Tuesday, May 15 at 630.233.5118 or Heather.Nickrand@amitahealth.org