STEPPING STONES THROUGH LIFE’S LOSSES

Grief Support Services for Children, Teens, Adults, Couples and Families

ALEXIAN BROTHERS HEALTH SYSTEM
Our Passion is Powerful Medicine™
Bereavement Psychoeducational/ Support Groups

JOURNEY THROUGH GRIEF
The loss of a loved one is a life-altering event. Journey Through Grief is a six-week course that will explore the tasks of grief, offer the opportunity to share experiences with others who have lost a loved one, and provide information on how to cope with loss. Each session will provide both the support of others who are going through a loss and education about this difficult journey. Facilitated by licensed professionals from Alexian Brothers Behavioral Health: Parish Services.

COMPANIONS THROUGH GRIEF
Companions Through Grief is a twice-monthly, open-ended educational/support group that will provide ongoing guidance and support as well as information on topics relevant to the grief experience. Topics will include issues such as adjusting to the “new normal,” difficult emotions/complicated grief, tough questions, and reconnecting. It is ideal for those who have recently attended Journey Through Grief. Facilitated by licensed professionals from Alexian Brothers Behavioral Health: Parish Services.

A CHILD’S JOURNEY / A TEEN’S JOURNEY
Facilitated by a licensed professional, A Child’s Journey and A Teen’s Journey are six-week groups that will provide children (ages 4-11) and teens (ages 12-high school) with support, interactive activities, crafts, and companionship. In addition, parents will have their own group, which will run at the same time, to learn ways to more effectively help their child or teen through the grief process. Facilitated by licensed professionals from Alexian Brothers Behavioral Health: Parish Services.

GRANDPARENTS GRIEVING
Grandparents Grieving is a four-week group that will provide support, a safe place to share your story and your feelings, and information on how to take care of yourself while you try to help your adult-children through this difficult time. Facilitated by licensed professionals from Alexian Brothers Behavioral Health: Parish Services.
COPING AS A COUPLE (2-part series)
Part I: Grieving and Reconnecting when Starting a Family is a Struggle
Part II: Deciding How to Grow Your Family when the “Normal Way” Doesn’t Work
Facilitated by licensed professionals from Alexian Brothers Behavioral Health: Parish Services.

NORTHWEST SUBURBAN PREGNANCY AND INFANT LOSS SUPPORT GROUP
For all those who have experienced loss through miscarriage, ectopic pregnancy, stillbirth, or newborn death. Facilitated by professionals from Alexian Brothers Medical Center, Northwest Community Hospital, and St. Alexius Medical Center.

SPOUSAL SUPPORT GROUPS
Spousal Support Groups provide a safe, caring environment for people after the death of a spouse or partner. Groups are facilitated by a trained professional from Alexian Brothers Hospice.
Grief Workshops

The grief workshops outlined below are provided by the Alexian Brothers Hospice bereavement staff. These workshops are intended for adults who have experienced the death of a loved one. A light meal is provided.

GRIEF 101
This workshop provides a general overview of the grief process in order to normalize what can be a chaotic experience.

HEALING MEMORIES
This workshop focuses on coping strategies to help manage the intense memories of our loved one(s). The hope is to begin to remember without intense pain.

GRIEVING THE LOSS OF OUR PARENTS
This workshop focuses on the experience of adult grief after the death of a parent.

A MAN’S GUIDE TO GRIEF
This workshop focuses on the experience of grief from a man’s perspective. Facilitated by Jose Alacantara, Art Therapist.
Divorce/Separation Recovery Services

REBUILDING
Rebuilding is a ten-week educational/support group for anyone who has experienced a break-up, separation, or divorce. It is designed to provide an atmosphere of support and acceptance as well as information on various topics relevant to the experience of ending a romantic relationship. Topics will include issues such as denial, grief, anger, trust, freedom, purpose, etc. Facilitated by licensed professionals from Alexian Brothers Behavioral Health: Parish Services.

DECODING “I’M FINE” – HOW DIVORCE CAN IMPACT YOUR CHILD
We often hear about the extreme effects that divorce can have on children, such as drug use or other rebellious behaviors, but very little attention is paid to the subtler effects. Decoding “I’m Fine” highlights those lesser-known effects and provides practical tools for parents to help their children navigate the changes in their family.

Presented by two adult survivors of parent divorce or separation, revealing the things we know now as adults and the things we wish our parents had known back then. Facilitated by licensed professionals from Alexian Brothers Behavioral Health: Parish Services.

CHILDREN REBUILDING / TEENS REBUILDING
Children Rebuilding and Teens Rebuilding are six-week groups that will provide children (ages 4-11) and teens (ages 12-high school) with support, interactive activities, crafts, and companionship. Facilitated by licensed professionals from Alexian Brothers Behavioral Health: Parish Services.
Private Grief Support/Counseling Services

Private grief counseling services are available for individuals, couples, and families through Alexian Brothers Hospice, Alexian Brothers Behavioral Health: Parish Services, Alexian Brothers Behavioral Health: Outpatient Group Practice and Alexian Brothers Center for Mental Health.

ALEXIAN BROTHERS HOSPICE
Private bereavement visits and phone support are available from bereavement counselors. Contact the Bereavement Coordinator at 630-233-5118.

Alexian Brothers Behavioral Health: Counseling Services

ALEXIAN BROTHERS BEHAVIORAL HEALTH: PARISH SERVICES
Private counseling sessions are available for individuals, couples, and families. The Alexian Brothers Behavioral Health: Parish Services staff consists of highly-trained, licensed professionals, and spirituality may be discussed if desired. Services are available in English, Polish and Spanish at various satellite locations throughout the Chicago suburbs. Cost for services is based upon income (sliding fee scale may apply).

25 E. Schaumburg Rd., Suite 106, Schaumburg, IL (Administrative Office) 847-981-3514
ParishServices@alexian.net | AlexianBrothersHealth.org/ParishServices

ALEXIAN BROTHERS BEHAVIORAL HEALTH: OUTPATIENT GROUP PRACTICE
1786 Moon Lake Blvd., Suite 104, Hoffman Estates, IL or
800 Biesterfield Rd., Suite 655, Elk Grove Village, IL 847-755-8090 | ABBHH.org/OutpatientProviders

ALEXIAN BROTHERS CENTER FOR MENTAL HEALTH
3436 Kennicott Ave., Arlington Heights, IL 847-952-7473 | AlexianCenter.org

Stepping Stones Through Life’s Losses
Memorial Services

Memorial Masses and interfaith memorial services are offered by the Alexian Brothers Medical Center, Alexian Brothers Hospice, and the St. Alexius Medical Center several times throughout the year. These services are led by hospital chaplains and priest-chaplains.

Other Resources

ALEXIAN BROTHERS MEDICAL CENTER GRIEF SUPPORT LINE
Phone support from bereavement counselors is available by calling 847-952-7376.

CENTER FOR SPIRITUAL CARE
Centers for Spiritual Care at Alexian Brothers Medical Center, Alexian Brothers Behavioral Health Hospital, and St. Alexius Medical Center. Chaplains are available to provide comfort and spiritual guidance.
The services listed in this booklet represent the wide range of grief support services offered by the Alexian Brothers Health System. For more information, you can:

1. Visit AlexianBrothersHealth.org/OurServices and click on “Grief Support.”

2. Contact the Alexian Brothers Medical Center Grief Support line at 847-952-7376 or griefsupport@alexian.net.

3. Contact the Alexian Brothers Hospice Bereavement Coordinator at 630-233-5118 or visit AlexianBrothersHealth.org/Hospice.

4. Contact the Intake Coordinator at Alexian Brothers Behavioral Health: Parish Services at 847-981-3514 ext. 7, or email ParishServices@alexian.net.

5. Contact one of the Centers for Spiritual Care:
   - Alexian Brothers Medical Center: 847-437-5500, press “0” and ask for the chaplain on duty.
   - Alexian Brothers Behavioral Health Hospital: 847-755-8266 (weekdays during business hours).
   - St. Alexius Medical Center: 847-843-2000, press “0” and ask for the chaplain on duty.

For 800 years, the Alexian Brothers have cared for the sick, the aged, the poor and the dying. The basic Judeo-Christian beliefs that inspired the founders of this Catholic religious congregation sustain its ministry today. This heritage is espoused by the governance, management and entire health care team throughout Alexian Brothers Health System in their mutual commitment to promote the physical, mental, spiritual and social well-being of all individuals served through the health care ministry.

Alexian Brothers Health System carries out the healing mission of the Catholic Church through the Alexian Brothers ministries by identifying and developing effective responses to the health and housing needs of those we are called to serve.