Grief Support
AMITA Health St Thomas Hospice
119 E Ogden Ave. Suite 111
Hinsdale, IL 60521

Due to precautions that have been put in place because of COVID-19, some programs have been postponed and others made available virtually. Please check program status by calling the Bereavement Department at 630-280-7918 or John.Hurd@amitahealth.org

Coping with Grief

A grief support group for adults who have experienced the death of a loved one. Grief impacts all aspects of one’s life. Each week a topic for discussion is introduced that relates to this life altering experience. Coping with Grief is an on-going group that meets weekly. This group is offered virtually.

Registration is required. Contact Cathy Tobin at 630-856-6970 or Catherine.tobin@amitahealth.org
**Tommy's Kids and Teens for Teens**

At this time, our children's groups have been postponed due to Covid-19 precautions and will resume when it is safe for us to gather again. We are offering individual virtual or phone support to children and parents.

Helping children who have experienced the death of someone they love is one of the most difficult tasks a parent or other relative may ever face. Tommy’s Kids and Teens is available to assist you with that difficult task and to help your child/teen learn healthy ways of coping.

Tommy’s Kids and Teens is a 6-week grief support group for children ages 4 to 16 who have experienced a significant loss due to death. Children meet in age appropriate groups to participate in art, talk and expressive activities.

A support group for parents/caregivers meets at the same time the children are meeting. Adults have the opportunity, through group interaction, to understand a child’s grief and to experience support and encouragement for themselves.

Because group size is limited, priority is given to those children who have not attended a prior Tommy’s Kids support group. There is no cost to attend the groups.

Please call for information on upcoming sessions.

Registration required. For more information or to register contact Rosie Cohen at 630-856-6993 or Rosemarie.cohen@amitahealth.org

**Family Night**

At this time, our children's groups have been postponed due to Covid-19 precautions and will resume when it is safe for us to gather again.

Family Night is a monthly grief support program open to children, teens and their families who have experienced the death of a family member or close friend. Family members work together on a memory activity and then break into support groups for children, teens and adults. All groups are led by experienced bereavement professionals. We hope you can join us.

Registration required. For more information or to register contact Rosie Cohen at 630-856-6993 or Rosemarie.cohen@amitahealth.org
**Tommy’s Kids Summer Camp**

Tommy’s Kids Camp is a week-long summer day camp at Katherine Legge Memorial Park in Hinsdale. At camp, children ages 5-12 come together to talk about their loss, to remember special times, to meet new friends and to have fun. They are given the opportunity to share stories about their loved ones, participate in arts and crafts and play games in addition to many other camp activities.

Registration required. For more information or to register contact 630-280-7918 or John.Hurd@amitahealth.org

**Camp T.K.**

Camp T.K. 2020 has been cancelled due to Covid-19 precautions and will resume when it is safe for us to gather again.

Camp T.K. is a free, weekend long grief support camp. All children and teens ages 6-17 who have experienced the death of a loved one are invited to attend. Camp T.K. combines traditional, fun camp activities with grief education and emotional support and is facilitated by grief professionals and trained volunteers. Camp T. K. provides a relaxed, safe and supportive setting for all campers to express emotions, share their grief and learn positive coping skills.

Camp Manitoqua, Frankfort, IL. October 8-10, 2021

Registration required. For more information or to register contact 630-280-7918 or John.Hurd@amitahealth.org

**Bravehearts**

A transition group for graduates of the Coping with Grief Monday groups. Support for individuals after the death of a loved one beyond the first year.

Meets last Wednesday of each month. Offered virtually. Registration required

For more information or to register contact: Cathy Tobin at 630-856-6970 or Catherine.tobin@amitahealth.org
**Adult Loss of Parent**

The adult loss of parent group provides an opportunity for grieving persons to better understand the wide range of thoughts, feelings and behaviors associated with the death of a parent. Groups are run by a trained grief professional.

Group size is limited, and registration is required. Regular attendance is important. Each session builds on the one prior.

Please call for information on upcoming sessions. Virtual support group.

For more information or to register contact Rosie Cohen at 630-856-6993 or Rosemarie.cohen@amitahealth.org

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**Annual Tree of Remembrance**

A tradition that began in 1993, the annual Tree of Remembrance and its tribute boards — filled with the names of loved ones sent in by families and individuals like you — are displayed on the corner of Lincoln and First Street in Hinsdale in front of BMO-Harris Bank from Thanksgiving through the new year. Every day, when the tree is lit, you, along with our neighbors, can take pause during the busy holiday season to reflect and fondly remember friends, family and others dear to you.

Your thoughtful contribution of any amount helps make certain our friends and neighbors have a strong, compassionate bereavement program to turn to in times of grief. To make a donation and have a loved one’s name added to the memorial, go to [www.AMITAhealth.org/tree](http://www.AMITAhealth.org/tree) and scroll down to St. Thomas Hospice Tree of Remembrance. Click the blue plus sign for the Tree of Remembrance to reveal the green “Make A Gift” button. Thank you.

For more information contact Rosie Cohen at 630-856-6993 or Rosemarie.cohen@amitahealth.org