Grief Support

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 ongoing group that meets every Monday morning from 9:30-11:00am and every Monday evening from 7:00-8:30pm.

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

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

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

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

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 Summer Camp, an extension of Tommy’s Kids Support Group, is available to assist you with that difficult task and to help your child learn healthy ways of coping. Facilitated by grief professionals and trained volunteers.

A five-day bereavement summer camp for children 5-12 years old. Katherine Legge Memorial Park, Hinsdale, June 2019

Registration required. For more information or to register contact Laura Cottrell at 630-856-6985 or Laura.cottrell@amitahealth.org

Camp Erin

In partnership with The Moyer Foundation Camp Erin Chicago 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 Erin Chicago combines traditional, fun camp activities with grief education and emotional support and is facilitated by grief professionals and trained volunteers. Camp Erin Chicago 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 11-13, 2019

Registration required. For more information or to register contact Laura Cottrell at 630-856-6985 or Laura.cottrell@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. 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

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55 and Under Loss of Spouse

Roughly one-third of couples lose their partner before age 45. The challenges associated with such a devastating loss are not something that can be anticipated. There are losses on many levels: from the pain of bereavement to feelings of being robbed of a future you were planning together. There are practical challenges such as raising children alone to simply paying the household bills. This group will focus on support and education.

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

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Registration required. For more information or to register contact Laura Cottrell at 630-856-6985 or Laura.cottrell@amitahealth.org