Winter – Spring Grief Support
January – May 2019

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. These groups meet 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 3 | February 7 | March 7 | April 4 | May 2
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 17 | February 21 | March 21 | April 18 | May 16
6:30 – 8 pm
Third Thursdays of the Month
AMITA Health
Alexian Brothers Medical Center,
Elk Grove Village
Cancer Institute Conference Rooms
800 Biesterfield Rd.
Elk Grove Village
Spousal Social Groups: Lunch & Dinner Outings
January 25 | February 22 | March 22 | April 26 | May 24 | 1 pm
Lunch at The Egg Basket | 880 S. Barrington Rd | Streamwood
Fourth Fridays of the Month

January 8 | February 12 | March 12 | April 9 | May 14 | 6 pm
Dinner at Omega | 1823 W Wise Rd | Schaumburg
Second Tuesdays of the Month

Join us for a mealtime social group for individuals who have experienced the death of a spouse. 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 the lunch and dinner options or just one meal gathering. Registration is required. To register contact 630.233.5118 or Heather.Nickrand@amitahealth.org

Support Groups: General Grief & Loss
January 2 | February 6 | March 6 | April 3 | May 1
12 – 1 pm
AMITA Health Alexian Brothers Hospice Residence | Elk Grove Village
First Wednesdays of the Month

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
February 13 | April 10
6 – 7:30 pm
AMITA Health Alexian Brothers Medical Center | Elk Grove Village
Kennedy Conference Room 3

This workshop is offered to provide support for adult children grieving the loss of their parent or guardian. 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

Young Adult Loss
May 22
6 – 7 pm
AMITA Health Alexian Brothers Hospice Residence | Elk Grove Village

This workshop is offered to provide support for young adults grieving the loss of a loved one. 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 18-30. 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
Culinary Grief Therapy: Cooking for One
February 26, 6 – 8 pm | March 12, 6 – 8 pm | April 23, 6 – 8 pm | May 7, 6 – 8 pm
February Series Soups and Stews | March Series Cooking While Caregiving | April Series Celebrating Life With Food | May Series Mother’s Day Remembrance

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 grief support group in a culinary setting. You’ll learn techniques and recipes that will redefine the joys and happiness of cooking—even if it is just for one.

February 5, 6 – 8 pm | April 2, 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. Topics will vary but the focus will build on the fundamental skills developed from the previous workshops

College Of DuPage Culinary Arts Amphitheater | 425 Fawell Blvd. | Glen Ellyn
Registration is required | To register contact 630.233.5118 or Heather.Nickrand@amitahealth.org

Adult Child Loss
March 28, 6 – 7 pm | May 23, 10 – 11 am
AMITA Health Alexian Brothers Medical Center | Elk Grove Village
Kennedy Conference Room 1

This workshop is offered to provide support for parent(s) grieving the loss of an adult child. 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

Memorial Services: Hospice Celebration of Life
May 29 | 6 – 7:30 pm
AMITA Health Alexian Brothers Medical Center | Elk Grove Village
Kennedy Center Conference Rooms

Join the hospice staff for dinner and a time of celebration and remembrance of those we had the honor of serving in hospice care. Family and friends of our hospice patients are welcome to attend. Registration is required by May 24. For more information or to register contact 630.233.5118 or Heather.Nickrand@amitahealth.org

Please e-mail a picture with one to two sentences about your loved one to Heather.Nickrand@amitahealth.org by May 24.