Due to precautions and restrictions put in place because of COVID-19, some programs have been postponed and others made available virtually. For more information or to check program status please call the main bereavement line at 847.653.3106 or e-mail contacts listed below.

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 call 847.653.3106 or email contacts below.

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 Group**
- January 21 | February 18 | March 18 | April 15
- 6:00 – 7:30 pm
- Third Thursdays of the Month
- Offered Virtually
- To register e-mail Carrah.Demos@amitahealth.org

**Transitions Group**
- January 21 | February 18 | March 18 | April 15
- 6:00 – 7:30 pm
- Third Thursdays of the Month
- Offered Virtually
- To register e-mail Heather.Nickrand@amitahealth.org
Spousal Social Groups: Lunch & Dinner Outings
At this time, the spousal social groups have been postponed due to Covid-19 precautions and will resume when it is safe for us to gather again. Please call 847.653.3106 for questions and updates.

Join us for a mealtime social group for individuals who have experienced the death of a spouse. 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 Heather.Nickrand@amitahealth.org

Support Groups: General Grief & Loss
January 6 | February 3 | March 3 | April 7
12:00 – 1:00 pm
First Wednesdays of the Month
Offered Virtually

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 847.653.3106 or Heather.Nickrand@amitahealth.org

Support Groups: Parental Loss
January 13 | February 10 | March 10 | April 14
6:00 – 7:30 pm
Second Wednesdays of the Month
Offered Virtually

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 847.653.3106 or Carrah.Demos@amitahealth.org

Support Groups: Sibling Loss
January 26 | March 23
6:00 – 7:30 pm
Offered Virtually

This group is offered to provide support for individuals grieving the loss of a sibling. This group is facilitated by a grief specialist from AMITA Health Alexian Brothers Hospice. Registration is required. For more information or to register contact 847.653.3106 or Carrah.Demos@amitahealth.org
Support Groups: Adult Child Loss
February 23 | April 20
6:00 – 7:30 pm
Offered Virtually

This group 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 847.653.3106 or Carrah.Demos@amitahealth.org

Support Groups: COVID-19 Loss
February 25 | April 22
6:00 – 7:30 pm
Offered Virtually

This group is offered to provide support for individuals and families grieving the loss of a loved due to Covid-19. This group is facilitated by a grief specialist from AMITA Health Alexian Brothers Hospice. Registration is required. For more information or to register contact 847.653.3106 or Heather.Nickrand@amitahealth.org

Support Groups: Young Adult Loss
January 26 | March 23
6 – 7 pm
Offered Virtually

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 847.653.3106 or Heather.Nickrand@amitahealth.org

Culinary Grief Therapy: Cooking for One
At this time Culinary Grief Therapy has been postponed due to Covid-19 precautions and College of Dupage closure restrictions. The workshops will resume when it is safe for us to gather again. For updates or more information please call 847.653.3106 or Heather.Nickrand@amitahealth.org

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.

*Due to precautions and restrictions put in place because of Covid-19, some programs have been postponed and others made available virtually. For more information or to check program status please call the main bereavement line at 847.653.3106 or Heather.Nickrand@amitahealth.org