

## Local Resources for Healing

### **OSF MEDICAL CENTER AUXILLARY**

Widows and widowers support group social gathering, meets the last Saturday of each month at 6:00pm in the cafeteria

CONTACT

Bob or Peggy - 815.633.1642

### **GLORY GIRLS**

A Christian based group for widows. Meets 1st Saturday for potluck; the 2nd and 4th Friday at different area restaurants; and the 3rd Thursday for Grief Processing at member's homes

CONTACT

Nita Osbern - 815.871.2569

### **THE HAVEN NETWORK**

HEALING HEARTS: A support group for parents who have experienced loss of a child through ectopic pregnancy, miscarriage, or stillbirth.

CONTACT

815.962.1512

124 N. Water St. Suite 030, Rockford IL.

### **MERCY HEALTH SYSTEM**

HEART TO HEART: This 8 session program is comprised of a group of grieving parents of minor children to help cope with the loss of a child.

CONTACT

Stacy or Marcia - 815.971.5309

### **HEARTLAND HOSPICE**

JOURNEY OF HOPE AND HEALING, Coping with Loss: Tuesday from 6:00-7:45 p.m. at Swedish American Hospital, Charles Street entrance, Conference rooms 2 & 3, First Floor and from 1:30-3:15 p.m. at Peterson Meadows, 6401 Newburg, Rockford.

MOVIE AND DISCUSSION SUPPORT GROUP: Please call for details. CONTACT Any Bereavement Coordinator - 815.397.3691

## **MOTHERS OF ADULT CHILDREN**

COPING WITH THE LOSS: 3rd Wednesday 2:30 p.m. Fairhaven Retirement Center.

### CONTACT

Karon Pfile - 815.222.1482

## **HOLY FAMILY CHURCH BEREAVEMENT**

2nd Sunday each month, 2-4 p.m. Sept-April

2nd Wednesday each month, 6:45-8:45 p.m.

### CONTACT

Judy Johnson - 815.397.9395

## **HOSPICE CARE OF AMERICA**

Ongoing support group programs at their office; 3815 N Mulford, Rockford. Please contact Sarah Kohl for more information.

### CONTACT

Sarah Kohl - 815.316.2700

## **NEW HOPE**

For those who are suffering from the death of a loved one. Six-week session offered two times per year March and September. Please call to register.

### CONTACT

Chaplain Dean Parker - 815.395.5358

## **NORTHERN ILLINOIS HOSPICE**

Grief Support Groups are available for adults, teens, and children; please call for more information.

### CONTACT

Andrew Vitale, CT - 815.398.0500

## **RAY OF HOPE - AFTER SUICIDE**

Support for Survivors meets the 2nd and 4th Thursday of the month 7:00-8:30 p.m. Gloria Dei Lutheran Church in the Fireside Room 4700 Augustana Dr. Rockford CONTACT Karon Pfile - 815.222.1482 or Nita Osbern - 815.871.2569

## **BRIDGE OF HOPE AND SHARE**

BRIDGE OF HOPE: A 5 week long program offering grief education and support work for adults who have experienced the loss of a loved one within the last two years. Please call to register for one of the quarterly sessions.

SHARE: A support group for miscarriages and early infant losses.

### CONTACT

Northwestern Medicine Hospice: 815.756.3000

## **NORTHWESTERN MEDICINE HOSPICE**

FIRST FRIDAY FRIENDS CLUB: This group meets the first Friday of every month for children in grades 1 through 8. This program is designed kids who have lost a parent or sibling.

LIVING AFTER A LOSS: This educational grief support group is intended for parents who have experienced the death of a child, no matter the age. They meet the fourth Monday of each month from 6:30 to 8:00 p.m.

SPOUSAL LOSS LUNCH BUNCH: Two monthly lunch groups for those who have experienced the death of a spouse. It's an informal setting and way to meet others traveling a similar path. The group meets at various restaurants in the DeKalb and Sycamore area. Participants pay for their own meal.

### CONTACT

Northwestern Medicine Hospice: 815.756.3000

## **HOPE OVER ADDICTION**

### HEROIN AND OPIOID GRIEF GROUP

This group is appropriate for anyone who has experienced the death of a family member or friend as a result of heroin/narcotic pain pills/fentanyl; anyone who is currently living with or loving an active opioid user; or anyone who is concerned about the use of a friend. 1st and 3rd Mondays 6:30-7:30 pm; PNC Bank Building, 4615 E. State, Rockford, Suite 15 (lower level)

### contact

Dan Herman - 815-540-4558

or visit the Hope Over Addiction Facebook page

# For Those Touched by Death Because of Suicide

Suicide is the cruelest death of all for those who remain RAY OF HOPE

When suicide happens, our grief is compounded by many things:

- Shock & Disbelief
- Denial
- Shame
- Embarrassment
- Anger
- Self Blame
- Physical Distress
- Relief

Come Together To:

- Seek support & direction
- Receive helpful resources
- Break the Stigma
- Find a Common Ground
- Discover Understanding
- Learn Tools to Survive
- Help Body, Mind and Soul to Mend

The Ray of Hope Group meets the second and fourth Thursday of each month at Gloria Dei Lutheran Church 4700 Augustana Drive (behind Edgebrook Center) 7:00 to 8:30p.m. Fireside Room East Wing Door of Church There is no charge for this group Facilitator: Karon Pfile 815-222-1482