



ALEXIAN
BROTHERS
Hospice

Companions Through Grief Winter/Spring 2012

Spousal Bereavement Support Groups

These groups focus on grief after the death of a spouse or significant other.

Come find support and learn strategies for communicating with loved ones and coping with change.

1st Thursdays; 10 – 11 am
Jan 5, Feb 2, March 1, April 5, May 3
St. Alexius Medical Center
The Doctors Building Three
Cancer Institute- Conference Room
1555 Barrington Road
Hoffman Estates, IL. 60169

3rd Thursdays; 6:30-7:30 pm
Jan 19, Feb. 16, March 15, April 19,
May 17
Alexian Brothers Medical Center
Cancer Institute- Conference Room
800 Biesterfield Rd Suite 120
Elk Grove Village, IL 60007

Upcoming Topics

January: Dealing With Winter Blues

February: Feeling Grief One Day at a Time

March: Healing Touch-Being Kind to Yourself

April: Reconnecting: Springing Back to Life

May: Managing Milestones-Coping With Special Days

Coming: **March 21 from 6:30-8:00pm at Alexian Brothers Medical Center:**
Grief 101 Workshop: What is grief? In this workshop we'll explore what grief looks like and how it affects your life. Community resources to support you through your journey will be introduced. This workshop is intended for adults.

Registration preferred. For more information contact
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