

# BEREAVEMENT SUPPORT GROUPS

## **New Support Group**

### **Life after Alzheimer's**

An ongoing monthly support group offered the second Monday of each month at FVHH, 200 Whitfield Drive, Geneva. This group will address topics such as navigating through grief and the loss of your role as a caregiver. It is meant to provide support once you are outside of the caregiving supportive community and seeking a new life after your loss. This is an open group however registration is required. Please contact Christy Pitol at (630) 232-2233, ext. 230 to register or for more information.

**Meets the second Monday of each month (August 14, September 11, October 9) 4:00 p.m.**

## **Footprints**

This unique six-week program supports parents and adult family members who are coping with a miscarriage, ectopic pregnancy, stillbirth or newborn death. Short-term individual counseling is available at charge during the interim between groups. An intake interview is required before registering and registration with a refundable deposit is required.

**Mondays, August 21 to October 2  
6:30 to 8:00 p.m.**

## **New Support Group**

### **Our Grief Journey**

This five-week support group co-sponsored by Fox Valley Hands of Hope and The United Methodist Church of Geneva is open to anyone dealing with the loss of a loved one. It is a great way to understand the grief process and start the healing process. It can be utilized while waiting for a more specific grief group to be available. As with the other groups, it will offer emotional support as well as some practical tools to help cope as you grieve. Registration is required.

**Wednesdays, August 30 to September 27  
3:30 to 5:00 p.m.**

**United Methodist Church of Geneva  
211 Hamilton Street, Geneva**

## **Pathways**

This seven-week group addresses issues faced by those who are grieving the death of a spouse or life partner. Emotional support is offered as well as assistance with accepting the death and coping with grief. Registration with a refundable deposit is required.

**Wednesdays, September 6 to October 18  
6:30 to 8:00 p.m.**

## **Herbie's Friends**

A program to help grieving families cope with loss, grief and death. Herbie's Friends, for families with children ages 5 to 18, creates a safe environment where participants who have experienced a loss can share their thoughts, feelings and stories with others who have had similar experiences. They will enjoy a meal together followed by a variety of children's activities including games, art, drama and puppetry, which are used to encourage expression of feelings. For more information and to register call Jill Thorson at (630) 232-2233.

**Mondays, October 9 to November 6  
6:30 to 8:30 p.m.**

**FVHH, 200 Whitfield Drive, Geneva**

## **New Support Group**

### **The Rippling Effect of Grief**

This evening workshop will address the domino effect of loss. You may have found when you have experienced grief, the family structure of extended relatives also changes. Relationships may be more remote or non-existent. This is also a loss. This workshop will be devoted to acknowledging this loss and how to build a new social network.

**Thursday, October 19, 6:30 to 8:00 p.m.**

## **Crossroads**

The program is designed specifically for those who have attended the PATHWAYS group. Each member will go through an assessment process performed by FVHH Manager of Bereavement Services to determine the course that is best for the prospective group member. This assessment will determine if the participant should attend Pathways again to further explore the depths of loss or is ready to explore other issues pertaining to loss through Crossroads. The Crossroads group is for people who have accepted the reality of the death loss, explored many of the initial feelings which occur within the first two years of loss and now are seeking a new life direction. Crossroads will be offered this fall. For more information and to register please contact Christy Pitol at (630) 232-2233 ext. 230

## **Weaver's Circle**

For people 50+ who have experienced the death of a spouse, this group offers friendship and sharing, guided by trained facilitators, at monthly dinners at 6 p.m. Call (630) 232-2233 to reserve your place at dinner and to be included on the Weaver's Circle mailing list.

## **M.A.L.E.S.**

### **Men After a Loss Express**

This drop-in group, for men who have lost a loved one, meets once a week. It is particularly difficult for men to be strong — a pillar for others. This group provides a forum where men can express their thoughts and feelings. If you are experiencing the same loss, support is provided. For more information call Christy Pitol at (630) 232-2233 ext. 230.

**Meets the second Saturday of each month (August 12, September 9)**

## **Next Step**

This program is an amazing support for those who have lost a life partner. Each member receives a manual that will help participants understand their own grief and experiencing. Next Step provides a forum where participants can ask questions and learn from others. Next Step provides fields and provide an opportunity for participants who are coping with similar losses to meet in a group (you need not attend all sessions). Registration required in advance by call Christy Pitol at (630) 232-2233 ext. 230.

**September 14: Financial Planning for the Future**

**October 12: Movie: Beyond the Mountains and Food and Togetherness**

## **INDIVIDUAL GRIEF**

### **Individual Adult Grief**

Individuals meet with a licensed grief counselor to discuss their grief counseling needs. Each session is facilitated by a volunteer who is extensively trained in grief support. Supervised by a professional, the volunteer works with the individual, providing a listening ear and support as needed during this difficult time. For more information call Christy Pitol at (630) 232-2233 ext. 230.

## HELP FOR THE BEREAVED

The death of a loved one can be a devastating experience, and for some, it can be difficult to carry on with everyday life. Whether the loss is a husband, wife, mother, father, sister, brother, child, extended family member, or dear friend, those left behind are faced with picking up the pieces and figuring out a way to go on.

To help the bereaved cope with the pain of grief and put control back into their lives, Fox Valley Hands of Hope offers a range of services, including an individual care program that is managed by a licensed clinician and implemented by a trained volunteer. In addition, assessment, short-term one-on-one counseling, referral to resources, and support groups are also available.

All of Fox Valley Hands of Hope services are provided free of charge. For more information on FVHH's compassionate care, call (630) 232-2233, and ask for the Adult Bereavement Coordinator.

### Interested in Volunteering?

Volunteers are a vibrant and integral part of FVHH. Volunteer opportunities include: patient and family care, bereavement one-on-one, group facilitators, translators, community outreach, professional services, clerical, gardening.

FVHH provides an extensive, on-going volunteer training program, with orientation sessions monthly.

If you are interested in volunteering, please contact our Manager of Volunteer Services at (630) 232-2233, ext. 227.

## HELP FOR THOSE WITH LIFE-THREATENING ILLNESSES

Fox Valley Hands of Hope provides support for those with life-threatening illnesses and their families through the **Hands of Hope** program.

Hands of Hope offers emotional support to patients and their families undergoing cancer treatment. Born out of a desire to be a presence in the lives of patients and families who are undergoing treatment for a life-threatening illness, Fox Valley Hand of Hope helps patients by providing a non-intrusive comforting presence that sends a message of care, compassion and hope.

Patients are provided with comfort items including:

- Various genres of music
- Books
- Blankets and pillows
- Hand massages
- Various movies
- Seasonal activities
- A selection of teas, coffees, home baked goods and other refreshments
- Comfort care packages

**Support to Hospice Patients** is provided to patients with terminal illnesses through partnerships with various Medicare hospices in the area. At Fox Valley Hands of Hope we can provide you with a referral to a local hospice that meets your needs, and a FVHH trained volunteer will assist with social, emotional, and spiritual support.

All of Fox Valley Hands of Hope services are provided free of charge. For more information on FVHH's help for those with life-threatening illnesses, call (630) 232-2233 or email [info@fvhh.net](mailto:info@fvhh.net)

## FOX VALLEY HANDS OF HOPE

Fox Valley Hands of Hope is a community-based, nonprofit organization. The mission of FVHH, is to enhance the quality of life and to provide hope for those experiencing grief or life-threatening illness.

### Free Services Offered by FVHH

- Hospice Support
- Adult grief support groups
- Children's support groups
- Short-term children's grief support
- Training program for grief in schools
- Medical equipment loans
- Community education on end-of-life care and grief
- Opportunities to become a trained volunteer
- Lending library
- Spanish interpreters available for all services and programs

### Interested in Donating?

As a volunteer organization FVHH relies solely upon community support to continue providing all services free of charge. If you would like to make a gift to FVHH, you can do so online at [fvhh.net](http://fvhh.net), through the mail, or by contacting us at (630) 232-2233.



200 Whitfield Drive, Geneva, IL 60134  
(630) 232-2233  
[www.fvhh.net](http://www.fvhh.net)



**For those  
who have lost loved ones**

*Help  
for  
Healing*

**August to  
October 2017**