

Young Widows and Widowers: An education and support group for widows/widowers age 55 and under who have recently lost a spouse.

- Mishawaka: Second and Fourth Thursdays, 6:00 - 7:30 p.m.

Crafting Memories: A monthly group that supports healthy memory work through crafts. Completion of a Living with Loss group is required. Call to register each month.

- Mishawaka: Second Thursday, 1:00 - 3:00 p.m.

After Images Art Counseling Program: Provides a unique opportunity for Individuals to explore grief through the use of art, painting and drawing in an expressive individual counseling program. Call for details or to schedule an appointment.

Youth Camp Evergreen

Saturday, August 26, 2017

A grief camp for children (ages 6-12) who have experienced the death of someone significant to them. Youth Camp Evergreen is offered free of charge and is open to all area grieving children.

Youth Camp Evergreen Info Parent Night: Mishawaka, Thursday, July 20, 6:00 p.m.

A meeting for parents of perspective Youth Camp Evergreen 2017 attendees. Camp staff will provide an outline of the camp schedule, educational materials, and answer questions parents may have about Camp Evergreen. Dinner will be provided. Children are invited to attend the meeting to meet camp staff; a separate meeting and craft will be available for them during the parents' meeting. **Please call 574-255-1064 by July 17th to register.**

Lunch & Movie Events

Followed by a Discussion

July 18, 1:30 p.m., Elkhart

August 16, Noon, Plymouth

August 17, Noon, Mishawaka

September 19, 1:30 p.m., Elkhart



Center for
Hospice Care

choices to make the most of life

Grief Support Groups July thru September 2017

Individual and Family Counseling is also available

1-800-467-7423

cfhcare.org

GROUPS FOR CHILDREN AND TEENS

Children's Grief Support Group: A once per week group providing education and emotional support to children dealing with the death of a loved one. Pre-registration is required.

- Mishawaka: Mondays, 9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 3:45 - 5:00 p.m.

Teen Grief Support Group: This is a group for teens, ages 13 - 18, that have experienced the death of someone significant in their lives. Providing grief education and the opportunity for grieving teens to share with and be supported by their peers. Pre-registration is required.

- Mishawaka: Please call for summer dates.

GROUPS FOR ADULTS *Pre-registration is Required*

**** New Group** Yoga Grief Support Group:** A time-limited group using gentle mat yoga to help you focus on and cope with your physical and emotional grief experience. Facilitated by Bereavement Counselor Annette Deguch RYT200 (Registered Yoga Therapist). Open to current clients of the Bereavement Department. Pre-registration is required.

- Mishawaka: 7/31, 8/7, 8/14, 8/21, 9/11, 9/18, 5:30 - 6:30 p.m.

Daughters Remembering Retreat: An overnight retreat for women who are at least 6 months past the death of their mother. It provides a supportive environment with facilitated group sharing and time for individual reflection. Please call 574-255-1064 to register.

- Sacred Waters in Mishawaka: Friday 9/8 – Saturday 9/9

Elkhart Grief Forum: A series of educationally focused sessions from 6:00 - 7:30 p.m.

- July 17, Video "Transforming Loss: A Documentary"
- Aug 21, Panel Discussion - Learning from other Bereaved Persons

Living with Loss: A once per week, time-limited group providing education and emotional support for individuals who have lost a loved one.

- Mishawaka: Wednesdays, 7/12 - 8/16, 1:30 - 3:00 p.m.
- Elkhart: Tuesdays, 8/22 - 9/19, 4:30– 6:00 p.m.
- Plymouth: Thursdays, 6/29 - 8/3, 4:00 - 5:30 p.m.

For more information call: Mishawaka 255-1064 • Elkhart 264-3321 • Plymouth 935-4511

Loss After Addiction Group: A bi-monthly educational and grief support group for people who have experienced the death of a loved one to overdose and/or drugs or alcohol abuse.

- Mishawaka: Tuesdays, 5/23, 6/06, 6/20, 7/11, 7/25, 8/08, 8/22, 9/12, 9/26, 4:00 - 5:30 p.m.

Loss of Parent - Living with Loss Group: A support group providing education and emotional support for individuals dealing with the loss of a parent.

- Mishawaka: Tuesdays, 9/12 - 10/10, 5:30 - 7:00 p.m.

Finding Resilience Group: A support group for individuals who have completed a Living with Loss group.

- Mishawaka: First and Third Tuesdays, 2:00 - 3:30 p.m.
- Mishawaka: Second and Fourth Tuesdays, 2:00 - 3:30 p.m.
- Elkhart: Third Monday, 6:00 - 7:30 p.m.
- Plymouth: Second Wednesday, 1:30 - 3:00 p.m.

Rebuilding Our Lives: A support group for those that have accepted their loss and are focused on building a new life.

- Mishawaka: First & Third Mondays, 1:30 - 3:00 p.m.
- Mishawaka: Second & Fourth Mondays, 1:30 - 3:00 p.m.
- Plymouth: First & Third Thursdays, 2:00 - 3:30 p.m.

Forget Me Not: A support group for parents who have experienced the death of a baby during pregnancy, childbirth, or infancy.

- Mishawaka: Mondays, 7/10, 8/7, 9/11, 6:00 - 7:30 p.m.

Good Grief Gals Tea: A tea for women whose spouse has died.

- Mishawaka: First & Third Wednesdays, 1:30 - 3:00 p.m.
- Elkhart: Second & Fourth Tuesdays, 1:30 - 3:00 p.m.
- Plymouth: Fourth Tuesday, 1:30 - 3:00 p.m.

Good Grief Guys: A breakfast for men dealing with the death of a spouse.

- Mishawaka: First Friday, 8:30 - 10:00 a.m.
- Elkhart: Second Tuesday, 8:30 - 10:00 a.m.
- Plymouth: Second Thursday, 8:30 - 10:00 a.m.

For more information call: Mishawaka 255-1064 • Elkhart 264-3321 • Plymouth 935-4511