

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.

Movie & Chat Events

Mishawaka: Tuesday, 2/1, 1:00 p.m.

Elkhart: Tuesday, 2/20, 1:30 p.m.



Grief Support Groups January thru March 2018

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: Tuesdays, 1/9, 1/16, 1/23, 2/6, 2/13 & 2/20, 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: Tuesdays, 1/9, 1/23, 2/6, 2/20, 3/6 & 3/20, 6:00 - 7:30 p.m.

GROUPS FOR ADULTS *Pre-registration is Required*

The Hero Within: An eight-week experiential group that explores how the human spirit is not defeated by suffering and even in the face of death can grow stronger with honesty, courage and love.

- Plymouth: Tuesdays, 1/2 - 3/27, 4:00 - 5:30 p.m.

Yoga Grief Support: 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 Teacher). Open to current clients of the Bereavement Department. Pre-registration is required.

- Mishawaka: Mondays, 1/8 - 4/30, 5:30 - 6:30 p.m.

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, 1/17, 1/24, 1/31, 2/7, 2/14 & 2/21, 1:30 - 3:00 p.m. (2/28 will be a snow make-up date.)
- Mishawaka: Wednesdays, 2/21 - 4/4, 5:30 - 7:00 p.m.
- Elkhart: Mondays, 1/8 - 2/12, 3:30 - 5:00 p.m.
- Plymouth: Wednesdays, 2/7 - 3/14, 3:00 - 4:30 p.m.

Loss After Addiction: 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: Second & Fourth Tuesdays, 4:00 - 5:30 p.m.

Finding Resilience: 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, 1/15, 2/5 & 3/5, 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.