



2024 Grief Support Groups & Workshops

The UpliftedCare Community Grief Center offers something for everyone at any stage of their grief journey.

All services are completely free of charge.

All groups listed are held weekly and workshops are held on the third Saturday of each month unless noted.

Complete schedule also available online at UpliftedGrief.org

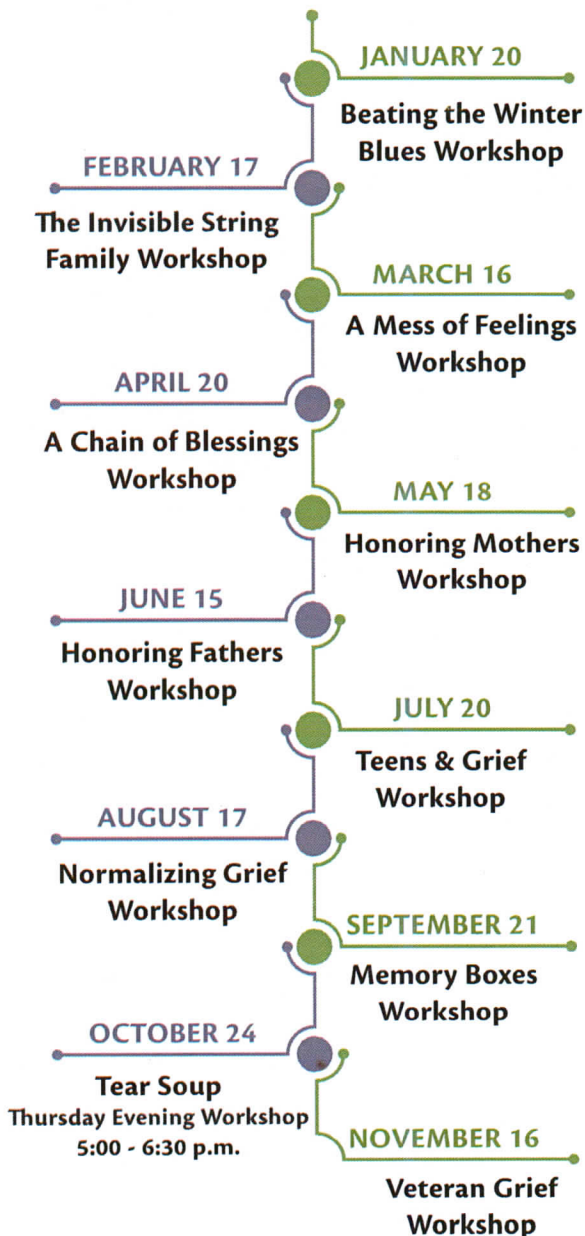
Register for a group or workshop by calling

815.939.4141

3115 N. 1000 West Road, Bourbonnais

Grief Workshop Schedule:

3rd Saturday: 10:00-11:30 a.m. (Unless noted)



Grief Support Group Schedule:

MONDAYS

M

Loss of a Parent - 10 a.m.

Finding Your New Normal - 10 a.m.

TUESDAYS

T

Womens' Talk & Tea - 10 a.m.

Teens & Grief - 4 p.m.

Spousal Loss - 6 p.m.

Child Loss - 6 p.m.

WEDNESDAYS

W

Sudden Loss - 10 a.m.

Letting Go of Guilt - 6 p.m.

Moving Through Grief Yoga - 10 a.m.

(Monthly - 3rd Wednesday)

Music & Memories - 6 p.m.

(Monthly - 1st Wednesday)

THURSDAYS

TH

Men's Coffee & Conversation - 10 a.m.

(2nd & 4th Thursdays)

First Responders - 6 p.m.

(Beginning in May 2024)

FRIDAYS

F

Child Loss - 10 a.m.