

RECURSOS PARA FAMILIAS QUE HABLAN ESPANOL *(Resources for Spanish-speaking families)*

Si usted ha perdido un ser querido y queria saber más información llame a departamento de ciudado Pastoral del Hospital. **Contacto: Meghan al 708-229-4299.**

VIVIENDO: CUANDO UN SER QUERIDO HA MUERTO

Viviendo: Cuando un Ser Querido Ha Muerto, es un programa de apoyo para adultos que están en luto por la muerte de un ser querido. Es nuestra creencia que las personas merecen la oportunidad de sufrir esta muerte en un ambiente de compasión, apoyo, y respeto para las dificultades de luto. La duración y la intensidad del dolor son experiencias únicos y diferentes para cada persona. Los grupos de apoyo están dirigidos por voluntarios profesionales con educación en dolor. Los grupos comienzan con presentaciones en la muerte, el sufrimiento y el dolor. Después, las personas se reúnen en grupos donde ellos puedan compartir sus experiencias con otros en circunstancias similares. El programa se reúne los miércoles por seis semanas consecutivas y comienza a las 7:30pm. Una donación de \$25 es una sugerencia para los que pueden. Proveemos refrescos y también tenemos cuidado de niños. Para más información, por favor llame a Viviendo: Cuando un Ser Querido Ha Muerto.

Consejera: Meghan al 708-229-4299.

CONEXIÓN del CORAZON Conexión del Corazon es un programa de apoyo para niños (de la edad 5 hasta 18 años) y sus familiares que están en luto por la muerte de un ser querido. Los grupos de apoyo estan dirigidos por voluntarios profesionales con educación en dolor. Los voluntarios guian los niños en actividades creativas para ayudarles expresar su dolor y darles la oportunidad de hablar acerca de su ser querido. Mientras los niños están en sus grupos los padres/guardianes estan en su propios grupos de apoyo que son ofrecidos por una consejera que se especializan en dolor. El programa se reuné los Lunes por ocho semanas consecutivas. El programa/Los grupos son gratis. Para más información, porfavor llame a Conexión del Corazon. **Meghan al 708-229-4299.**



 **LITTLE COMPANY OF MARY**
BEREAVEMENT SUPPORT SERVICES

2800 West 95th Street
Evergreen Park, IL 60805
www.LCMH.org/Bereavement

*grief
support services*

Bereavement Programs
Tailored to the Needs of
Adults & Children



LITTLE COMPANY OF MARY
BEREAVEMENT SUPPORT SERVICES

Evergreen Park, IL

*grief
is unique*



The heartache and grief following the loss of a loved one is an experience unlike any other in life. The circumstances surrounding the loss of a loved one make each person's journey through the process of grieving very personal. As an avenue of support for healing, Little Company of Mary Hospital is committed to offering grief support for those seeking guidance for their specific loss.

HEART CONNECTION *(A children's grief support group)*

The Heart Connection is a free children's grief support group offered in the spring and fall. The mission of Heart Connection is to provide a safe and trusting environment for families with children who are mourning the death of a loved one. Through creative activities and the companionship of children in similar circumstances, they find the necessary guidance and support for their healing.

Duration: Eight weeks, spring and fall **Location:** LCMH Tower Building
Day/Time: Mondays 6:15pm - 7:30pm **Contact:** Pastoral Care Dept. 708.229.5484

LIVING WHEN A LOVED ONE HAS DIED

(An adult bereavement program) Living When a Loved One Has Died is structured to offer support, help and encouragement in an atmosphere of compassion, support and respect for the difficult losses suffered. Adults who have lost a spouse, child, parent, sibling or loved one and are in need of support are welcome.

Duration: Six weeks in spring and fall **Location:** Mary Potter Pavilion
Day/Time: Wednesdays 7:30pm - 9:30pm **Contact:** Pastoral Care Dept. 708.229.5484

COMPASSIONATE FRIENDS *(A support group for parents who have lost a child)* This is an independent non-profit, self-help program which offers friendship and understanding to families grieving the death of a child at any age, from any cause. LCMH hosts the South Suburban chapter.

Day/Time: Every third Sunday 3:00pm **Location:** Tower Building, 8th floor Solarium
Contact: Richalena Taylor 708.748.6840

THE BARR-HARRIS CHILDREN'S GRIEF SUPPORT CENTER *(Counseling Service)*

The Center is a counseling service providing individual therapy to children mourning the loss of a parent or family member through death, divorce or abandonment, and child guidance services to the family. Fees are on a sliding scale, however, no family is denied therapeutic services for reason of financial status. No family is ever turned away.

Day/Time: Set up by appointment **Contact:** 312.922.7474
Location: LCMH 9th Floor Pediatrics

You are invited to attend our programs tailored to children and adults.

LOSS DUE TO TRAUMA *(A support group for children)*

This support group, which is led by specially trained facilitators, is designed for children who have experienced loss due to trauma. Children will be served in a group with other children who have experienced similar losses. Meets in conjunction with Heart Connection.

Duration: Eight weeks, spring and fall **Location:** LCMH Tower Building
Day/Time: Mondays 6:15pm - 7:30pm **Contact:** 708.229.4299

PARENTS OF MURDERED CHILDREN, INC.

(A support group) This national, independent non-profit, self-help organization offers support, friendship, information and guidance to families and friends whose loved one has died through violence. Little Company of Mary hosts the local chapter support meeting.

Day: First Thursday of each month **Location:** LCMH Tower Bldg., 6th Floor, Room C
Time: Thursday 7:00pm - 9:00pm **Contact:** Pat and Melvin Nichols 773.660.9659
or Maria Ramirez 773.847.1613

CRISIS INTERVENTION School Education

(A training program for schools) Bereavement facilitation training is offered twice a year at the hospital for local school administration and faculty to provide the skills needed to support their students when death occurs in their families or community. CEU's provided.

Duration: One day, fall and winter **Location:** Mary Potter Pavilion
Day/Time: TBA **Contact:** Bereavement Coordinator 708.229.5484

HOSPICE BEREAVEMENT Support Group

This Hospice bereavement service begins immediately once a family enters the Hospice program. Services are provided according to the family and patient's needs for supportive care counseling and spiritual support to prepare for the passing of their loved one. Services are continued by phone or visit and as needed. Additionally, Hospice offers a daytime grief support group twice a year. Hospice also provides CEU accredited training for community members interested in Hospice care.

For further information, contact: Bereavement Coordinator 708.229.6947

PERINATAL LOSS The hospital is sensitive to the depth of grief parents suffer when their baby dies due to miscarriage, stillbirth or neonatal death. The nursing and pastoral care staff offers compassionate guidance and resources to support them during this time. A Cherished Angel Garden was created on the hospital property to provide a place of serenity and comfort. Each spring the families are invited back to a remembrance service in the garden honoring the brief lives of their babies.

For further information, contact: Bereavement Coordinator 708.229.5484