



A Grief and Loss Support Group



Join us in a safe and nurturing environment to share the experience of the death of a loved one and feelings of loss, grief and other complex emotions related to the death. Together, we will learn to cope with endings in life, hear about others who have survived the loss and even see hope and life in the future. This group is meant for adults age 21 and over.

Wednesdays from 10:00 11:30 am

Thrive Counseling Center

For questions and pre-screening scheduling, call Anu Spain, LCSW 708 383 7500 X 313.

Please note that this program may not be appropriate for everyone who wishes to participate. Pre-screening interview is required. This group is a therapy group offering by Thrive Counseling Center. Please call to get details about utilizing your insurance benefits. This program may be free based on your insurance coverage.