



Hospice
of the
Calumet
Area

Cherishing Life



Healing Hearts

Grief Support Groups for

Adults
Teens
Kids

Our Healing Hearts support groups are open to all grieving kids, teens and adults. Our three distinct programs offer help and support during a very difficult time.

COMFORT

WE ARE HERE FOR YOU.

At Hospice of the Calumet Area, we believe in an honest, compassionate and caring approach to providing grief support.

LIFE

has to end. Love doesn't.

-Mitch Albom, *The Five People You Meet in Heaven*



Hospice of the Calumet Area sponsors a grief support group for **ALL** kids 6-12 years of age who have experienced a loss.

The death of a loved one is a time of crisis for children and their families. If handled with love and support, it can also be a time of growth. Healing Hearts for Kids provides loving support in a caring environment.

Registration is limited to 10 children per series. Walk-ins are welcomed by calling 219.922.2732 or 708.895.8332. All sessions are free and opened to all children. Written permission is required and limited to 10 children per series.



Healing Hearts FOR TEENS

Each year, thousands of teens experience the death of someone they love. It's a time when they can feel overwhelmed and uncertain. Topics include getting to know your loved one, dealing and understanding feelings, remembering, coping with change and moving on.

Our Bereavement Team addresses the special needs and relationships of the grieving teen (13-17 years of age). Written permission is required.






Healing Hearts

Grief Support Group for
Adults

Hospice of the Calumet Area understands that grief is a person's emotional, physical, spiritual response to loss. We realize everyone's journey is different. The stages of grief can be very overwhelming and effects people at different times and in numerous ways.

Healing Hearts offers helpful resources in a comfortable and non-judgmental environment for the sharing of feelings, experiences struggles and triumphs. Our six session program is intended to provide coping mechanisms to deal with your loss.





"There's no greater feeling than building trust and helping someone with their grief. We all hurt and experience pain but sometimes we just need to be reminded that we are not alone and that we need to let others be there for us. It's only human nature that we try to handle things on our own. It's okay to let someone be there for us in our time of need."

-Krystal Kerkow, Social Worker
Hospice of the Calumet Area



For more information or resources, contact
HCA Bereavement Facilitator Sarah Ticich by emailing
sticich@hospicecalumet.org
or visit www.HospiceCalumet.org

