

## GRIEF SUPPORT GROUP

This support group is an opportunity for people who have experienced a loss to come together to share their experiences, support, and encourage each other to share their story.

Facilitated by a licensed counselor, a brief telephone interview is required prior to attending the group. Good will offerings are helpful and appreciated.

Our goal is to help participants come to terms with their loss and help them move forward in life with strength, hope and joy.

*“What do we live for, if it is not to make life less difficult for each other?”*



Catholic Charities  
Diocese of Rockford  
Counseling Program

McHenry Office  
5141 W. Bull  
Valley Road  
McHenry, IL  
60050

815-520-3203



Community Partner

# Grief Support Group



**Listening,  
Sharing,  
Supporting,  
Caring**

**815-520-3203**

## Grief through Death

We have all lost someone we love. We all know that there is a need for support and comfort.

This group can assist in working through the stages of bereavement and healing.



## Loss through Divorce or Separation

Are you struggling from a broken relationship that has left you lonely or empty?

Sharing our pain helps us to move forward.

## Families in Transition

When we face the challenges of aging parents and loved ones we can often feel overwhelmed by the responsibilities and choices that need to be made.

Perhaps you are experiencing change in family roles and boundary decisions and would benefit from caring support.

## Loss of Employment

Are you having difficulty finding meaningful employment?

Do you feel a loss of self-esteem and confidence?

Coming to a support group can provide support and networking.



## Importance of Self-Care

Going through any type of grieving requires positive self-care. The sharing process enables us to voice our concerns and needs, and allows us to express our emotions in a caring environment.

Grief occurs throughout our lives as we encounter losses and sometimes it helps to share our feelings, as this strengthens the body of Christ.

## McHenry

### Grief Weekly Support Group

Tuesdays 5:00 p.m.

For more information, call

815-520-3203

Or E-Mail:

[SSieraKowski@RockfordDiocese.org](mailto:SSieraKowski@RockfordDiocese.org)