

## Welcome to The UpliftedCare Community Grief Center

Grief is an extremely powerful thing that we will all experience at some point in our lives. Navigating the different emotions that accompany grief is something that we specialize in at UpliftedCare and we have put together a very comprehensive program to help all individuals in our community who are struggling with grief or loss.

At the present time for the safety of our community during the pandemic, we are hosting the majority of our services by phone or virtually, but have every intention of opening those up to in-person sessions as soon as it is safe to do so.

All of the services listed below are **completely free of charge** and are open to anyone - even if your loved one was not receiving care through UpliftedCare.

### We offer:

**Individual Counseling** - Our individual counseling offers one-on-one sessions with a bereavement professional held either over the phone, virtually or in-person for clients of any age.

**Topic Based Support Groups** - These groups, such as **Progressing Through Grief** and **Finding Your New Normal** are held for a specific amount of time - generally 6-7 weeks and meet once weekly. They follow a specific topic and are structured to introduce new information each session. We ask that participants try to attend each session and the registration is closed for new participants after the first session begins.

**Ongoing Support Groups** - These groups, such as our **Men's Coffee & Conversation** and **Women's Talk & Tea** are open groups that occur twice a month. Whether held virtually, or in-person, these groups may be joined as often as you like and encourage conversation with peers with no set agenda or curriculum each session.

**Monthly Family Support Groups** - These groups are held monthly and encourage families to attend together. Each month will discuss a different topic and discuss emotions and healthy coping techniques for families dealing with grief - allowing time for discussion and questions. This group could be held in-person or virtually.

**Monthly Seminars - Navigating Grief** is our monthly seminar that is held either virtually or in-person. This information seminar helps explain the progression of grief, the emotions that accompany grief and ways to help you better navigate this journey. This seminar provides an opportunity for participants to listen to the information and learn about the grief process.

Please take some time to review the enclosed materials highlighting our upcoming groups and events. Registration is required for these groups and events so adequate materials can be prepared.

**Call UpliftedCare today to register.**

**Office Hours - 8:30 a.m. -4:30 p.m. - 815.939.4141**

*Ask to speak with Tyiesha in Bereavement and she will help with group instructions.*

*You can also email her anytime at [wadet@upliftedcare.org](mailto:wadet@upliftedcare.org)*