

Journey to Wholeness

Grief support, hope and healing

Coping with the death of a loved one can be one of the most challenging experiences we face. In those difficult times, many can benefit from a supportive group atmosphere and access to helpful resources about the grief process.



Edward Hospital offers daytime and evening support groups to any community member 18 and older who is grieving the loss of an adult loved one. In the small group setting, participants can choose to share or simply listen. In either case they'll have a chance to explore ways of coping with their grief by hearing how others are recovering from their losses.

Chaplains trained in Grief Recovery facilitate the programs, and first time attendees are welcome to bring a guest. There is no fee or registration required.

Our grief recovery groups meet

Wednesday: 10am - 11:30am

Thursday: 7pm - 8:30pm

Edward Education Center

Third Floor

801 S. Washington Street

Naperville

(weather permitting)

Sessions are continuous so people can begin their participation at any time. Refreshments and grief resources are provided.

For those who have experienced the loss of an infant or child, help is available through the SHARE or Sharing HOPE programs. Call (630) 527-3263 for information.

The hospital also has a Chapel for those who need a quiet place for prayer, reflection or meditation. It's located on the ground level of the outpatient lobby and people of all faiths are welcome to enjoy its peace and privacy.

Call the **Grief Hotline** to learn more about our grief support programs and services at **(630) 527-5056** or visit **EEHealth.org**.

Rev. Karen Swiderski, Chaplain
Department of Spiritual Care Services
Edward Hospital

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