

Good Grief Gals Tea: A tea for women whose spouse has died.

- Mishawaka: First & Third Wednesdays, 1:30 - 3:00 p.m.
- Elkhart: Second & Fourth Tuesdays, 1:30 - 3:00 p.m.
- Plymouth: Fourth Tuesday, 1:30 - 3:00 p.m.

Good Grief Guys: A breakfast for men dealing with the death of a spouse.

- Mishawaka: First Friday, 8:30 - 10:00 a.m.
- Elkhart: Second Tuesday, 8:30 - 10:00 a.m.
- Plymouth: Second Thursday, 8:30 - 10:00 a.m.

Dreams and After Death Experiences: A group designed to explore and share encounters with loved ones in dreams and events post death.

- Mishawaka: Mondays, 6/4 - 6/25, 10:30 a.m. - Noon.

Pen & Paper Group: A six-week writing group that provides for the expression of feelings through guided writings and group support. No writing experience needed.

- Mishawaka: Tuesdays, 4/10 - 5/15, 10:30 a.m. - Noon.

Crafting Memories: A monthly group that supports healthy memory work through crafts. Completion of a Living with Loss group is required. Call to register each month.

- Mishawaka: Second Thursday, 1:00 - 3:00 p.m.

After Images Art Counseling Program: Provides a unique opportunity for Individuals to explore grief through the use of art, painting and drawing in an expressive individual counseling program. Call for details or to schedule an appointment.

Movie & Chat Events

Mishawaka: April 5, 1:00 p.m.

Mishawaka: June 7, 1:00 p.m.

Mishawaka: August 2, 1:00 p.m.

Elkhart: May 15, 1:30 p.m.

Elkhart: July 19, 1:30 p.m.

Elkhart: September 18, 1:30 p.m.



choices to make the most of life™



Individual and Family Counseling is also available

1-800-467-7423

cfhcare.org

GROUPS FOR CHILDREN AND TEENS

Pre-registration is Required

Children's Grief Support Group: A once per week group providing education and emotional support to children dealing with the death of a loved one. Pre-registration is required.

- Mishawaka: Thursdays, 4/5, 4/19, 5/3, 5/17, 5/31 & 6/7, 5:00 - 6:00 p.m.

Teen Grief Support Group: This is a group for teens, ages 13 - 18, that have experienced the death of someone significant in their lives. Providing grief education and the opportunity for grieving teens to share with and be supported by their peers.

Pre-registration is required.

- Mishawaka: Tuesdays, 4/3, 4/17, 5/1, 5/15, 5/29, 6/12 & 6/26, 7/10, 7/24, 8/7, 8/21, 9/4, 9/18, 6:00 - 7:30 p.m.

GROUPS FOR ADULTS

Pre-registration is Required

Daughters Remembering Retreat: An overnight retreat for women who are at least 6 months past the death of their mother. It provides a supportive grief experience with facilitated group sharing and time for individual reflection. Please call 574-255-1064 to register.

- Sacred Waters in Mishawaka: Friday 9/7 - Saturday 9/8

Elkhart Grief Forum: A series of educationally focused sessions.

- Monday, 7/16, 6:00 - 7:30 p.m.
- Monday, 8/20, 6:00 - 7:30 p.m.

Living with Loss: A once per week, time-limited group providing education and emotional support for individuals who have lost a loved one.

- La Porte: Mondays, 4/9 - 5/14, 1:00 - 2:30 p.m. (Central time)
- La Porte: Mondays, 7/23 - 8/27, 1:00 - 2:30 p.m. (Central time)
- Mishawaka: Wednesdays, 3/14, 3/21, 3/28, 4/4, 4/11, 4/18, (4/25 will be a make up date if needed) 1:30 - 3:00 p.m.
- Mishawaka: Wednesdays, 6/20, 6/27, 7/11, 7/18, 7/25 & 8/1, 5:30 - 7:00 p.m.
- Elkhart: Mondays, 4/2 - 5/7, 6:00 - 7:30 p.m.
- Elkhart: Wednesdays, 7/18 - 8/22, 2:00 - 3:30 p.m.
- Plymouth: Tuesdays, 5/15 - 6/19, 5:00 - 6:30 p.m.
- Plymouth: Wednesdays, 8/1 - 9/5, 3:00 - 4:30 p.m.

Loss After Addiction: A bi-monthly educational and grief support group for people who have experienced the death of a loved one to overdose and/or drugs or alcohol abuse.

- Mishawaka: Second & Fourth Tuesdays, 4:00 - 5:30 p.m.

Finding Resilience: A support group for individuals who have completed a Living with Loss group.

- Mishawaka: First and Third Tuesdays, 2:00 - 3:30 p.m.
- Mishawaka: Second and Fourth Tuesdays, 2:00 - 3:30 p.m.
- Plymouth: Second Wednesday, 1:30 - 3:00 p.m.

Rebuilding Our Lives: A support group for those that have accepted their loss and are focused on building a new life.

- Mishawaka: First & Third Mondays, 1:30 - 3:00 p.m.
- Mishawaka: Second & Fourth Mondays, 1:30 - 3:00 p.m.
- Plymouth: First & Third Thursdays, 2:00 - 3:30 p.m.

Young Widows and Widowers: An education and support group for widows/widowers age 55 and under who have recently lost a spouse.

- Mishawaka: Second and Fourth Thursdays, 6:00 - 7:30 p.m.

Forget Me Not: A support group for parents who have experienced the death of a baby during pregnancy, childbirth, or infancy.

- Mishawaka: Mondays, 4/2, 5/7, 6/4, 7/2, 8/6, 9/10, 6:00 - 7:30 p.m.

Yoga Grief Support: A time-limited group using gentle mat yoga to help you focus on and cope with your physical and emotional grief experience. Facilitated by Bereavement Counselor Annette Deguch RYT200 (Registered Yoga Teacher). Open to current clients of the Bereavement Department. Pre-registration is required.

- Mishawaka: Mondays, 4/2, 4/9, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21, 6/11, 6/18 & 6/25, 8/6, 8/13, 8/20, 8/27, 9/10, 9/17 & 9/24, 5:30 - 6:30 p.m.

The Hero Within: An experiential group that explores how the human spirit is not defeated by suffering and even in the face of death can grow stronger with honesty, courage and love.

- Plymouth: Tuesdays, 3:00 - 4:30 p.m.