

Co-Sponsored by the Lauri S. Bauer Foundation for Sudden Loss
and The Jewish Healing Network of Chicago

Hand in Hand: A Grief Support Group for Those 55 or Younger

For those who are grieving the death of their spouse or partner within the past two years. This group will focus on the issues facing younger spouses including taking on new roles, self-care, coping skills, and getting support. We will provide supper and childcare.

- Date:** Mondays 1/19-3/9/15
Time: 6:30 – 8:30pm
Place: Elaine Kersten Children's Center
255 Revere Dr., Northbrook
Fee: No fee
Contact: Elizabeth Siegel Cohen, LCSW
Phone: 847-745-5404
Email: ElizabethCohen@jcfs.org



One-stop, toll-free access for help. Call 855-ASK-JCFS (855- 275-5237), email ask@jcfs.org or visit jcfs.org.

JHNC is administered by Jewish Child & Family Services in collaboration with CJE SeniorLife, the Chicago Board of Rabbis & Jewish United Fund/Jewish Federation. JCFS is a partner in serving our community, supported by the Jewish United Fund/Jewish Federation.

