

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

# 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 dinner and childcare.

**Date:** Mondays November 14-January 9, 2017

**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](mailto:ElizabethCohen@jcfs.org)



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

