

Heartlinks is...

A comprehensive support center for grieving people in our community. Since 1997, Heartlinks has grown as a **clinically directed**, not-for-profit program, serving over 1,000 people each year.

Heartlinks is the only area provider of **ongoing grief support** services.

Heartlinks is a **place of hope**. It is where you can find professional counseling, support groups, programs and information on managing change, loss and grief.

Heartlinks is a **place of safety**. It is a place where you can share grief over the passage of time and life.

Heartlinks is a **home**. It is where you can find support and companionship when you feel as if your life has stopped.

Heartlinks is a **place to realize you are not alone**.



Our Mission:

Heartlinks Grief Center, a program of Family Hospice, assists grieving children, individuals, families and groups regardless of their ability to pay through individual and family counseling, peer support groups, and other supportive community programs.



To Get Started...

Call Heartlinks at **(618) 277-1800**

Anyone can make a referral or call for information and support. Heartlinks' staff will take your information and give you different options for next steps.

Heartlinks' services are provided predominantly in the six counties located in the St. Louis Metro-East region.



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A program of
FAMILY HOSPICE



Providing
services for grieving children,
individuals and families.

A program of
FAMILY HOSPICE

Heartlinks helps...

By creating a community of people who come together to get through loss, we provide a place and time for:

- Sharing stories about **loved ones** and helping people who are grieving to feel less alone.
- **Understanding** the process of grief.
- Honoring memories and maintaining connections with deceased loved ones while **moving on** with life.
- Learning to cope with loss and **developing tools** for managing grief.
- Having fun through social activities with **others who share** similar experiences and feelings.
- Moving from **grief to growth**.

Heartlinks provides...

- Ongoing **support programs** and groups offered by licensed professionals
- Specialized trauma counseling
- **Individual counseling** for all ages
- School-based grief groups
- Grief programs for **under-served areas**
- Grief support programs in areas of **new community need** (such as addiction and suicide loss)
- **Individualized** informational materials
- Social events for people who are grieving
- **Professional training** programs
- Community education
- Community resource **referrals**

Heartlinks needs...

Connections: Heartlinks goes where the need is. Heartlinks is open to all grieving individuals before and after a loss. If you or someone you know could benefit from Heartlinks' grief support services, we can help and encourage your referral.

Volunteers: Volunteers are the foundation of Heartlinks, providing support for group programs, administrative work and fundraising. If you have a heart for grieving children, teens and adults, contact us.

Donations: As a not-for-profit organization, Heartlinks is funded solely through donations and grants and serves individuals regardless of their ability to pay. A gift to Heartlinks assures that those grieving will have the critical support they need, when they need it.

