

Heartlinks is...

A comprehensive support center for grieving people in our community. Since its founding in 1997, Heartlinks has grown as a professionally directed, not-for-profit program serving over 1,000 people each year and is the only area provider of **ongoing grief support** services for children and teens.

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

Heartlinks is a **place of safety**. It is where you can learn to manage 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 difficult loss. We provide a place and time for:

- Sharing stories about **loved ones** and helping people who are grieving to feel less alone.
- Predicting grief experiences and **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.

Heartlinks provides...

- Grief **support programs** and groups offered by licensed professionals
- Specialized trauma counseling
- **Individual counseling** for children and adults
- School-based grief groups
- Mobile 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 grieving children, adults and families
- **Professional training** programs
- Community education
- Community resource **referrals**

Heartlinks needs...

Connections: Heartlinks is an outreach program open to all grieving individuals before and after a loss. If you or someone you know could benefit from Heartlinks' grief support services, we want to help and encourage your referral.

Volunteers: Heartlinks relies on volunteer support for its group programs, administrative work and fundraising. If you have a heart for grieving children, teens and adults, contact us for a fulfilling volunteer experience.

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.

