

Heartlinks Grief Center
At Family Hospice
For Kids, Teens, Families and Adults

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Support Groups & Programs

(To register or learn more about any of the following programs, please contact Heartlinks at (618) 277-1800.)

Monthly Group – No-cost/Donation only, monthly grief support for kids, teens and adults. Meetings are held at 6:30 p.m. on the first Monday of every month at the Heartlinks Grief Center. All groups occur concurrently. Periodic social opportunities available as well. Registration and initial visit required.

Little Bears (preschool)	Rhapsody Group (preteen)
Shooting Stars (elementary)	Brat Pack Group (teen)
Parenting Alone (loss of parenting partner)	Aching Arms (when a child dies)

TAG – Teens And Grief support is available at local schools. Participation can be arranged through a student's high-school counselor, teacher or social worker, or by calling Heartlinks. TAG meets during class times with trained counselors from the Heartlinks Grief Center.

Facing the Future – Adult grief support programs are offered for any adult who has experienced the death of a loved one, be it child, sibling, spouse, friend or any other loss. Facilitated by counselors from the Heartlinks.

Grief and Trauma Counseling Program – Individual assessment and focused counseling services available for individuals of all ages trying to manage the loss of a loved one due to death.

Anticipatory Loss Counseling – Individual and family counseling services for people of all ages managing the multiple changes, losses and fears associated with serious illness.

Addiction Loss Program – Grief group for adults dealing with the loss of a loved one to addiction related causes. Held at the Heartlinks office on the 2nd Tuesday of the month from 6:30 to 8:00. Please call to register prior to attending.

Mobile Services Available

Outreach – Mobile program designed to be used for large groups of children ages 5-12. Works well in summer camps or other big projects. This program works to teach children coping strategies to deal with life change as well as loss due to death.

Crisis Intervention – Mobile program to help groups or communities deal with a sudden crisis. All ages served.

Bursting Bubbles – Mobile program available to schools. Can be offered as an afterschool or weekend workshop. For elementary school children who have experienced the death or loss of a loved one.

Good Grief – Mobile programming available for school, church or community groups creating an opportunity for intergenerational interaction, art activities, and games to promote fun and learning on topics like managing loss in families, supporting grieving children/youth and coping with difficult times.