

Support Groups



Advocate Health Care offers a variety of in-person and online support groups throughout the week, including Grief and Spirituality Support Group, Parent and Baby Support Group, Dementia Care Partner Support Group, Young Widow and Widowers Grief Support Group, and Loss of Parent Support Group.

Learn more: <https://tinyurl.com/syh7uu4r>.



Begins April 6. The Art of Wellness, 1st and 3rd Thursday, 6:00-7:30 p.m. Drop in for art, journaling and more. Orland Park Library, 14921 S. Ravinia Ave., room 104A.



Families Together online support group every **1st and 3rd Thursday of the Month, 7:00-8:30 p.m.** RSVP to Patty Johnstone at pjohnstone@trinityservices.org



Find support through JCFS's [in-person and online support groups](#), including [Grieving a Loss to Suicide](#), a monthly group for adults navigating the world after the death of a loved one to suicide.

Learn more about groups available throughout the week: <https://tinyurl.com/3825phr4>.



Are you managing or caring for someone with a mental health condition? If so, consider joining a support group or class offered by NAMI: <https://tinyurl.com/2k4js746>.

Learn about services offered at other NAMI affiliates throughout Illinois: <https://tinyurl.com/4ydp2w8v>.



Support Groups

GRIEF GROUP

FAITH ON THE JOURNEY
FAITH. HEALING. COMMUNITY.



EVERY
SECOND
THURSDAY

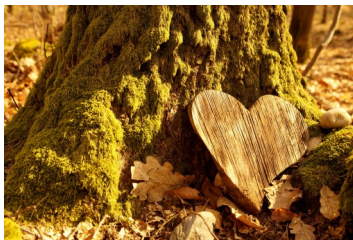
ONLINE
6PM - 8PM CDT

<https://tinyurl.com/mvb6zk96>



The Archdiocesan Commission on Mental Illness Invites you to "Moving Forward in Hope," an evening of prayer, connection, and hope, on the 2nd Tuesday of the month, from 7:00-8:00 p.m.

<https://tinyurl.com/4s4ncjxk>



Suicide Loss Survivors Support Groups:

- [Loving Outreach to Survivors of Suicide](#)
- [Suicide Awareness Voices of Education](#)
- [American Foundation for Suicide Prevention](#)
- [Jewish Children and Family Services Chicago](#)
- [Fox Valley Institute](#)

Find free and low-cost services in your community

[FindHelp.org](https://www.findhelp.org) allows you to find free and low-cost resources in your community:

- Food
- Safe Housing
- Childcare
- Transportation
- Employment
- Legal Assistance
- And More



Access resources 24/7 via [FindHelp.org](https://www.findhelp.org) or the code below.



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