



***Serenity Hospice & Home***  
***Monthly Bereavement Support Groups***

***MOVIE NIGHT*** meets the first Monday of each month at The Serenity Shed, 131 N Third Street in Oregon, IL from 5:30 p.m. - 7:30 p.m. We view a movie, and then discuss how it relates to grief and healing. You may bring a snack and/or drink if you wish.

***COFFEE AND CONVERSATION*** meets the first Saturday of each month from 9:30 a.m. 10:30 a.m. at the Immanuel Lutheran Church, 1013 Franklin Grove Road, Dixon, IL.

***HEALING HEARTS*** meets the second Sunday of each month from 5:00 p.m. - 6:00 p.m. at The Serenity Shed, 131 N Third Street in Oregon, IL . This group offers support, understanding, compassion, and hope to bereaved parents, grandparents, or siblings.

***WITH A LITTLE HELP FROM MY FRIENDS*** will meet on the second Sunday of each month from 5:00-6:00 p.m. at The Serenity Shed, 131 N Third Street in Oregon, IL . This group will offer a safe space for children/young adults (ages 4-18) who have experienced a significant loss learn about their grief and support each other. **You must RSVP for this group**, due to the age span we need to have enough materials, facilitators and of course snacks!

***FIRST STEPS AND BEYOND...FOR SURVIVORS*** meets the second Thursday of each month at 11:30 a.m. This meeting is for fellowship and sharing by those who have survived the death of a family member. We meet at various local restaurants. Each person will be responsible for ordering his/her own lunch from the menu.

***C.A.F.E. (Coffee and Friends etc.)*** meets the second Friday of each month from 9:00 a.m.. - 10:00 a.m. at The Serenity Shed, 131 N Third Street in Oregon, IL. This group is open to **ALL** adult bereaved persons in the community.

***THE BREAKFAST CLUB*** meets on the third Wednesday of each month at 8:30 a.m. at River's Edge Inn, 2303 West 1st Street, Dixon, IL. Start your day out right by sharing the most important meal of the day with others who have survived the death of a loved one.

***H.U.G.S. (Helping Understand Grief for Survivors)*** meets the third Thursday of each month at The Serenity Shed, 131 N Third Street in Oregon, IL from 5:30 p.m.– 6:30 p.m. This group is open to **ALL** adult bereaved persons in the community.

***COFFEE & COMFORT*** will meet the fourth Wednesday, of each month from 10:00 a.m. - 11:00 a.m. at Grace Funeral Home, 1340 S. Alpine Rd., Rockford, IL. This group is open to all bereaved persons in the Community.

Please join us in our endeavor to help each other in dealing with the death of a loved one. ***These groups are sponsored by Serenity Hospice and Home and open to anyone in the community. We ask that you call our office at 815-732-4111 and let us know you will be attending a particular group so that we are able to provide adequate materials and seating.***

***If No One Calls We will Not Meet.***

***INDIVIDUAL VISITS are available by appointment.***

For more information about any of these Bereavement Support Group Meetings or to make an appointment, please contact the Serenity Hospice and Home office at 815-732-4111 or e-mail [cathyw@serenityhospiceandhome.org](mailto:cathyw@serenityhospiceandhome.org) or [denisew@serenityhospiceandhome.org](mailto:denisew@serenityhospiceandhome.org).

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