

Grief and Bereavement Support Groups

General

Grief Support Group – Journey Care

www.journeycare.org

Offers free grief support programs to adults, teens, and children. Pre-registration is required.

549 W Randolph St

224-770-2273

Groups meet for 8 weeks;
Wednesdays 6:00-7:30pm

GriefShare Support Groups

www.griefshare.org

Hosts weekly meetings for those who have lost a family member or friend. Meetings are held at local religious centers.

8605 S Cregier Ave

773-734-7708

Saturdays 10:00-12:00pm

10708 S Vincennes Ave

773-445-9782 ext. 230

Saturdays 2:00-4:00pm

Loving Outreach to Survivors of Suicide (LOSS)

www.catholiccharities.net

Supports individuals who have lost a loved one by suicide. Some Spanish services are available.

721 N LaSalle St

312-655-7525

3rd Tuesday 6:00-8:00pm

Cancer

Ingalls Memorial Hospital Cancer Support Center

www.ingalls.org/all-classes

The Center provides classes, support groups and other networking chances.

2028 Elm Rd, Homewood, IL

708-798-9171

Meeting dates and times vary
depending on group

Bereavement Support Group – Gilda's Club Chicago

www.gildasclubchicago.org

Support groups for individuals who have lost a loved one to cancer. You must be a Gilda's Club Chicago member and be placed in a group to attend.

537 N Wells St

312-464-9900

Groups meet weekly; call for time

Children and Families

Rainbows Grief Support Programs

www.rainbows.org

Offers free support programs to help children cope with the loss of a loved one.

730 N Wabash St

312-582-8020

Wednesdays 6:30-7:15pm

University of Chicago Comer Children's Hospital

www.birthcenter.uchospitals.edu

Free monthly grief and healing support group for parents and siblings who lost a loved one.

Registration is required.

5700 S Maryland Ave, Room 07750

773-702-3020

3rd Thursday 6:30-8:00pm

Never Forgotten – University of Chicago Medicine

www.uchicagomedicine.org

Free support group for parents and loved ones who have lost a child. This includes miscarriage, stillbirth, or early infant death.

5700 S Maryland Ave, Room 7710

773-702-9200

3rd Saturday 1:30-3:00pm

Heartlight – Ann and Robert H. Lurie Children's Hospital

www.luriechildrens.org

Offers support and resources to grieving families. Support groups are free and offered in English and Spanish.

2335 N Orchard Ave

312-227-3930

2nd, 4th Thursday 6:30-8:30pm

1343 N California Ave

312-227-3930

1st, 3rd Wednesday 6:00-8:00pm

Barr-Harris Children's Grief Center

www.barrharris.org

Helps children who have suffered a loss through death, divorce, or abandonment.

122 S Michigan Ave Suite 1300

312 922-7474
ext. 310

Meeting dates and times vary
depending on group