



Grief
Connection
Space

Free Grief Support Group: Understanding and Living With Grief

This free monthly, community-based grief support group is for individuals navigating the complexities of loss. Each session includes educational components, group discussions, and therapeutic activities designed to normalize grief and foster resilience. This is a peer-support group and is not therapy.

The WPSU documentary *Speaking Grief* will be used throughout the group and as a point of discussion. Feel free to self-view at www.speakinggrief.org or attend the community screening on Thursday, September 18th at 5:00 pm.

• **Dates:** September 18, October 16, November 20, December 18, 2025 (Third Thursday of the month)

• **Time:** 6:15 pm - 7:30 pm

• **Location:** Community Room at the Township of Lyons Office Building, 6404 Joliet Rd., Countryside, IL 60525

• **Registration Required**

• **Adults 18+**

Hosted and Sponsored by:
**LYONS TOWNSHIP
Mental Health
COMMISSION**
Advocates • Collaborators • Champions

Lyons Township Mental Health Commission President: Elyse Hoffenberg
Have questions? Email ehoffenberg@lyonstns.com

Registration link also found at:
lyonstnshipil.gov/grief-support-group/

Facilitated by:
**Grief
Connection
Space**



Scan to register

FREE GRIEF SUPPORT GROUP FOR ADULTS

- Third Thursday of the Month: Sept 18, Oct. 16, Nov 20, Dec 18 from 6:15- 7:30
- Registration Required. Open to all adults. Come to one or the series.
- Register here: <https://lyonstnshipil.gov/grief-support-group/>



Other Support Groups in our Area

Please check our website under Resources



Suicide Prevention - Ask the Question and Postvention is Prevention

Talking openly about suicide can save lives. Research shows that asking someone directly if they are thinking about killing themselves/ending their lives does not increase risk—instead, it provides relief and creates a pathway to help. Using clear, compassionate language avoids confusion and shows the person that you are willing to listen. Examples of how to ask could include: “Are you thinking about killing yourself?” or “Sometimes when people feel overwhelmed, they think about suicide. Are you thinking about suicide?” Here is a resource to help learn more: [Seattle Childrens: Ask the Question](https://www.seattlechildrens.org/health-safety/mental-health-resources/preventing-suicide/) <https://www.seattlechildrens.org/health-safety/mental-health-resources/preventing-suicide/>



When we openly talk about grief—especially following disenfranchised losses such as suicide, homicide or violent death, and substance use-related deaths—we create space to better support those who are grieving. In the case of suicide, talking about the person who has died is an act of postvention, and research shows that postvention is also a powerful form of suicide prevention. Visit our website for additional grief resources and support groups - www.griefconnectionspace.org or scan the QR Code above. *If you or someone you know is struggling, help is available. Call or text 988 to connect with the Suicide & Crisis Lifeline, or text NOW to 741741 to connect with the Crisis Text Line.*

CONVERSATIONS IN COMMUNITY - VISIT OUR WEBSITE FOR LINKS

- September 17 - **Understanding Grief and Building Resilience** presented by OptWell and hosted by The Community House (high school students and adults). Registration at www.optwell.org
- September 18 - **Support Group: Understanding and Living with Grief**, Mental Health Commission of Lyons Township (adults only)
- September 19 - **Postvention is Prevention: Grief-Informed Care and Compassionate Community Response After Suicide Loss**, Suicide Prevention Summit in Oak Brook, <https://suicidepreventionsummit.my.canva.site>
- November 5 - **Grief and Trauma: Supporting Children in the Aftermath of Loss**, 2025 NASW Chapters Virtual Conference
- November is Children's Grief Awareness Month and November 18th is Children's Grief Awareness Day

We offer professional development, workshops and presentations - connect with us to learn more

www.GriefConnectionSpace.com
Hello@GriefConnectionSpace.com



Understanding Grief and Building Resilience: Tools for Helping & Healing

- Featuring grief and mental health experts
- For adults and high school students navigating loss—
or supporting someone who is
- Resource fair available before/after

**Wednesday,
September 17, 2025**

**6:30 – 8:00 pm
The Community House
415 W 8th St, Hinsdale, IL 60521**

Keynote Speaker:

Behind the Headlines: The Real Story of Loss,
Resilience, and a Mother's Strength



Jody LaVoie
Widow, Mom, Grief Advocate

**Learn More/
RSVP (free event)**

Additional Speakers:

- Michelle Halm, LPC, FT, Grief Connection Space, LLC
- Alisa Messana, LCSW, The Community House
- Andrea O'Morrow, CRSS, The Loft at 8 Corners
- Shabana Sheikh, LCPC, The Community House



Presented by:

<https://GriefEvent.eventbrite.com>

OptWell
choosing healthy. thriving together.
OptWell.org

 **THE COMMUNITY HOUSE**
TheCommunityHouse.org

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SUICIDE PREVENTION SUMMIT 2025



SEPTEMBER 19, 2025



8:00AM - 4:30PM



HYATT LODGE CONFERENCE CENTER

2715 Jorie Blvd Oak Brook, IL, 60523

REGISTER TODAY!



SCAN THE QR CODE OR VISIT
<https://shorturl.at/tzSgN> TO
RESERVE YOUR SPOT!

TICKETS: \$125



SCAN THE QR CODE OR VISIT
[suicidepreventionsummit.
my.canva.site](https://suicidepreventionsummit.my.canva.site)
TO VIEW OUR WEBSITE

**5 CEUS AVAILABLE:
SOCIAL WORKERS
(LSW & LCSW)
COUNSELORS (LPC & LCPC)
EDUCATORS (CEU & PDH)**

**Sponsorship and
advertising opportunities
available!**

Scan the website QR code
to learn more!

Connect with Our Allied Partners and Resource Providers



Association for
Death Education and Counseling®
The Thanatology Association®



COALITION to SUPPORT
GRIEVING STUDENTS



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