



HCL's faith based peer support groups share resources and connection to assist individuals as they walk through challenges in life.

We are here to remind everyone that you are loved and not alone, no matter what you are facing.

Groups are lay person led, and are open to both church members and nonmembers. All groups meet at Hales Corners Lutheran Church unless otherwise indicated. New participants are always welcome. Please join us...

Care Groups Meeting in March:

- **AA:** for those who suffer from the disease of alcoholism. Group meets every Tuesday from 6:30 - 8:00 pm.
- **Birth Parent Support Group:** For birth mothers and fathers who have chosen adoption for their children.
 - Next meeting will be Wed. April 19th from 6:00-7:30 pm
- **Buddy Break:** for children (ages 2 and up) and adults who have special needs. A free, fun filled afternoon that pairs participants (VIPs) with trained volunteers while caregivers get an afternoon to themselves. Siblings welcome.
 - Buddy Break will take place on Sunday March 19th from 1:00 - 4:00. **Advance registration required!**
 - *Seeking volunteers ages 12 and up for all of our buddy break events. Volunteers attend from 12:30 - 4:00.*
- **Cancer Care Support Group:** For those who have cancer or who are caring for a loved one with cancer.
 - Next gathering will be Wednesday, March. 8th from 6:30 - 8:00 pm.
New participants should register in advance as this group occasionally pivots to meeting online to best meet the needs of those who wish to attend.
- **Caregiver Support Group:** Resources and Support for caregivers of those living with physical, medical, or mental health challenges.
 - Next meeting will be Thursday, March. 9th from 6:30 - 8:00 pm.
- **Career Crossroads Mentors:** Available as needed to connect with individuals seeking emotional or logistical assistance and support as they face a career transition of any kind.
- **Deaf Ministry:** Assisted hearing devices available at all services at the information counter. ASL interpreter available during the 10:45 worship service, as well as at special events upon request.
- **DivorceCare:** for individuals in any stage of divorce or separation

- **Estranged Grandparents Support Group:** A group designed to support members in finding peace and maintaining hope along the path of grandparent estrangement and alienation.
Group meets every Wednesday from 6:30 - 8:00 pm beginning March 8th.
- **GriefShare:** a 13 week program designed for adults who have experienced the death of a loved one
Griefshare will be held Monday and Wednesday afternoons from 1:00 - 3:00 and Monday and Tuesday evenings from 6:00 - 8:00. All four sessions will cover the same material, please choose the one that works best for your schedule.
- **Griefshare Prison Ministry:** currently held at Racine Correctional Institute. *Seeking volunteers to serve at a women's minimum security facility in Union Grove. No experience required. Please contact Julie Luther for more information.*
- **Grief Support for Teens:** a 13 week program designed for individuals ages 12 - 19 who have experienced the death of a loved one
 - Group meets Tuesdays from 6:00 - 8:00 pm. **Advance registration required**
- **Homebound and Hospital Visitation:** for those seeking a visit in their home, hospital, nursing home or other recovery centers. Contact Jessica Ramdohr at jramdohr@hcl.org to request a visit.
- **Lighthouse Ministry:** counseling services provided by licensed psychotherapist Deb Reid-Zielinski. Contact Teresa at (414) 529-6700 to schedule an appointment.
- **LOVE:** a gathering of Christian parents and grandparents of LGBTQ+ children focused on walking alongside their loved one right where they are at
 - Group will meet on Thursday, March 9th from 6:30 - 8:00 pm for curriculum and discussion
 - LOVE coffee hour will meet on Thursday, March 23rd at 9:30 am for open discussion
- **Meals Ministry:** provides short term meal assistance for those who are in the midst of a health issue, have experienced the loss of a loved one, or are in other situations requiring support.
- **Mending The Soul:** for women who have experienced any form of abuse at any stage of life
 - Contact Julie Luther for future meeting times and location.
- **Miscarriage, Stillbirth, & Infant Loss Support Group:** for those grieving their babies who are now in the arms of Jesus.
 - Group will meet Thursday, March 16th from 8:00 - 9:00 pm over zoom
- **Parent Support Group:** for those experiencing the pain of a child who has chosen to separate, rebel or distance from the family
 - Group will meet Monday, March 13th from 6:30 - 8:00 pm
- **Safe Harbor Support Group:** support for those living with mental illness
 - Thursdays, March. 2nd and 16th from 12:45 - 2:45 pm
- **Serenity Room:** a quiet room in the northeast corner of the sanctuary for anyone of any age needing a low sensory space during worship for any reason. Available during all worship services.
- **Single Dads Project:** A group designed to help single dads heal, find comradery with others, and construct a Christ-centered environment full of love and guidance for their children.
 - Group will meet Sunday, March 26th from 9:15 - 11:15
 - Email singledadproject1@gmail.com to learn more about additional weekly opportunities to connect.

Supported Family Worship Experience: ASL interpreter and volunteers from our special needs ministry will be available for the 10:45 am service to sit with and assist families every Sunday except for Buddy Break Sunday (March 19th). Volunteers will be located in the northeast portion of pews.

Please use the main church entrance for all groups. Meeting room locations will be posted on the electronic monitor next to the information counter.

If you are in need of support other than what is listed here, please contact Julie Luther for assistance in finding resources.

For more information on participating in or volunteering with any Care Ministry at Hales Corners Lutheran Church, please contact Julie Luther at jluther@hcl.org or 414-529-6700.

Be strong and courageous.

*Do not be afraid; do not be discouraged, for the Lord your God
will be with you wherever you go. Joshua 1:9*