



Website Resources

hospicefoundation.org	caringinfo.org
nhpco.org	dougy.org (children's grief)
fernside.org (children's grief)	SAVE.org (suicide awareness)
www.griefshare.org	wendtcenter.org (Wendt Center for Loss & Healing)
aarp.org/families/grief_loss.org	hopeforbereaved.com
alz.org (National Alzheimer's Association)	healgrief.org/grief-support-resources/
compassionatefriends.org	parkinson.org (National Parkinson's Foundation)

Crisis Hotlines

Call for Help (618) 397-0963 (suicide & crisis)	Chestnut Health Systems (618) 877-4420 Crisis Intervention Dept. (618) 877-0316
Centerstone Crisis Line (618) 465-4388 (Calhoun, Jersey & Northern half of Madison Counties)	Community Resource Center (618) 533-1391 (Clinton County)
Suicide Prevention Lifeline 1-800-273-8255	Veterans Crisis Line 1-800-273-8255
National Alliance on Mental Health 1-800-950-NAMI (6264)	Crisis Text Line: Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

Support Groups

***Please contact organizations directly to verify location, time, and applicable fees as Hospice of Southern Illinois is not affiliated with them.**

***This is not an exhaustive list of – please utilize internet, local newspapers, churches, funeral homes, etc. for additional resources in your specific area.**

Grief Support Group (in the chapel) Mt. Carmel Cemetery 10101 West Main, Belleville (618) 397-0181 2 nd Wednesday of each month, 1:00 pm	Compassionate Friends of Madison County Last Friday of each month, 6:30 pm (loss of child or sibling) Also Grief Share every Monday, 5:30 – 7:00 pm Coordinator, Tom Schmidt (618) 219-0612 St. Ambrose Catholic Church Pastoral Center (618) 466-2921 820 W. Homer M. Adams Pkwy, Godfrey
Heartlinks Program (grief support for children ages 2-20 and their families) Compassionate Friends (loss of child or sibling) 5110 Main Street, Belleville (618) 277-1800 Meeting times vary by age and need	Grief Group St. Joseph's Hospital, Highland (618) 651-2980, Pastoral Care Partnering with the Evangelical United Church-Christ Spring/Fall sessions, Call for further info. \$10.00 fee for materials
Grief Support Series, SWIC Programs and Services for Older Persons (PSOP) 201 N. Church Street, Belleville St. Clair County Office on Aging (618) 234-4410, ext. 7044 (for group services) Contact, Jodi Gardner (618) 234-4410, ext. 7031 (for individual services)	Support Group Chester Memorial Hospital, Chester (meetings held in Hospital Board Room) (618) 826-4581 ext. 1223 (nursing office) 2 nd Tuesday of each month, 4:30-6:30 pm

<p>Adult Grief Group 2nd Tuesday of the month, 7:00 pm, in Chapel on Second Floor, Anderson Hospital, Maryville Contact, Rev. Dr. James Donahue, Chaplain, (618) 391-6456</p>	<p>Grief Support Group/Cornerstone Ministry 1426 Washington Avenue, Alton Facilitator, Marc Lane, (618) 465-4357 Wednesdays, 5:00-7:00 pm \$15.00 fee for workbook (optional)</p>
<p>Grief Support Group/St. Boniface Parish (non-denominational) 110 N. Buchanan, Edwardsville (618) 656-6450 1st Wednesday of the month, 10:00-11:15 am Followed by a light lunch</p>	<p>Starting Over (loss of a spouse) St. John's UCC 307 W. Clay, Collinsville (618) 344-2526, call for dates/times Contact Amy Rhymer or Shere Daprone Six part support series, Fall/Spring \$20.00 materials fee</p>
<p>Grief Share/Greater Alton Church 506 E. Airline Drive, East Alton Contact, Jenny Merioles, (618) 259-5010 (church), (618) 580-0543 (cell) 13 week support group</p>	<p>Grief Share/First Baptist Church 7110 State Route 162, Maryville (618) 667-8221, call for dates/times 13 week support group</p>
<p>Care Night (Grief Share & other Support Groups) Cornerstone Christian Church 775 N Greenmount Road, Belleville Contact, Cathy Wright (618) 239-9710 Fridays, 6:30 pm</p>	<p>Grief & Loss Support Group Alton Multi-Specialist Bldg. 1 Professional Drive, Alton 2nd Tuesday of the month, 5:00-6:30 pm Contact Betty Phelps (618) 463-7100</p>
<p>The Center for Senior Renewal Outpatient Services at Alton Memorial Hospital (618) 463-7895, Alton Group therapy, Individual counseling, Psychiatric care and coordination with community resources. A focus of treatment on grief and loss, anxiety, depression, coping with life changes, feelings of hopelessness, loneliness/isolation and adjusting to declining physical health.</p>	<p>The Senior Renewal Program at St. Joseph's Hospital (618) 651-2940, Breese Provides group, individual and family counseling to adult seniors who are facing unique emotional problems in dealing with life changes such as trouble adjusting to retirement, adjusting to declining physical health, grief and loss, strained family relationships, financial issues, and loss of independence.</p>

Social Support Programs

<p>New Beginnings (widows & widowers) Staten-Fine Funeral Homes (618) 465-8641 Contact Ruby Enlow (618) 462-1383 Held at Johnson's Corner Restaurant, Alton 3rd Wednesday of each month, 11:30 am Monthly Luncheon Social Group</p>	<p>Hope (sponsored by Irwin Chapel) (618) 288-9500, RSVP required Held at Sunset Hills Country Club, Edwardsville Monthly Luncheon Social Group, 11:30 am 2nd Thursday of each month, April – December Cost for lunch: \$14</p>
<p>Our Healthy Circle, Activity Group for ages 50+ (exercise classes, luncheons, breakfast club, trips, and more) Red Bud, and surrounding areas Contact, Julie Hudson, (618) 282-5456 \$13.50 yearly membership fee</p>	<p>Program & Services for Older Persons (PSOP) Variety of activities and trips for seniors Southern Illinois Community College (618) 234-4410, call for details www.swic.edu/community/senior-programs/psop/</p>
<p>Contact your local senior citizens center for social programs and services.</p>	<p>YMCA, contact your local YMCA for social Programs offered for seniors</p>

LIFT Luncheons/Programs

<p>St. Clair County area Coordinator, Tanya Hargrave (618) 233-3110 (Vallhala) 1st Wednesday of each month, 4204 Main Street Brewery Company, Belleville</p>	<p>Madison County area Contact Ruby Enlow (618) 462-1383 2nd Tuesday of each month, 11:30 am, The Premier (formerly know as The Atrium), Alton</p>
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