



### Website Resources

hospicefoundation.org	caringinfo.org
nhpco.org	dougy.org (children's grief)
fernside.org (children's grief)	SAVE.org (suicide awareness)
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)
callforhelp.org	caregiver.org/grief-and-loss

### Crisis Hotlines/Walk-in Mental Health (free or low cost grief related services)

Call for Help (618) 397-0963 (suicide & crisis) Walk in: M-F, 8:30 am – 5:00 pm	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) Walk in: M-F 9:00 am – 2:00 pm	Community Resource Center (618) 533-1391 (Clinton County)
Suicide prevention lifeline 1-800-273-8255	Veteran's 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 counselor
The Living Room at Call for Help Walk in: 9400 Lebanon Rd; E. St. Louis (618) 397-0968	Comprehensive Behavioral Health Center 505 South 8th Street; E. St. Louis, IL Walk in: M–F 8:00 am - 5:00 pm, (618)-482-7330 After 5:00 pm, (618) 482-7330

### Support Groups

<i>*Please contact any organizations directly to verify location, time, and applicable fees as Hospice of Southern Illinois is not affiliated. This is not an exhaustive list of resources – please utilize internet, local newspapers, churches, funeral homes, etc. for additional resources in your specific area.</i>	
Grief Support Group (in the chapel) Mt. Carmel Cemetery 10101 West Main, <b>Belleville</b> (618) 397-0181 2 <sup>nd</sup> 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 pm – 7:00 pm Coordinator, Tom Schmidt (618) 219-0612 St. Ambrose Catholic Church; Pastoral Center 820 W. Homer M. Adams Pkwy, <b>Godfrey</b> (618) 466-2921
Heartlinks Program (grief support for children ages 2-20 and their families) Compassionate Friends (loss of child or sibling), 1 <sup>st</sup> Monday of the month adults only 5110 Main Street, <b>Belleville</b> , (618) 277-1800 Meeting times vary by age and need	Grief Group; St. Joseph's Hospital, <b>Highland</b> (618) 651-2980, Pastoral Care Partnering with the Evangelical United Church-Christ Spring/Fall sessions, call for further information \$20.00 fee for materials
Share, Pregnancy & Infant Loss Support Group Anderson Hospital; 6800 State Route 162 <b>Maryville</b> , (618) 391-5984	Grief Support Group, Chester Memorial Hospital, <b>Chester</b> , (meets in Hospital Board Room) (618) 826-4581 ext. 1223 (nursing office)
Adult Grief Group 2 <sup>nd</sup> Tuesday of the month, 7:00 pm, in Chapel on Second Floor, Anderson Hospital <b>Maryville</b> Contact, Rev. Dr. James Donahue, Chaplain, (618) 391-6456	Grief Support Group/Cornerstone Ministry 1426 Washington Avenue, <b>Alton</b> Facilitator, Marc Lane, (618) 465-4357 Call for date and time; \$15.00 fee for workbook

305 South Illinois Street, Belleville, IL 62220-2159 • 1-800-233-1708 • 618-235-1703 • fax: 618-235-3130 • [www.hospice.org](http://www.hospice.org)

Belleville Location 618-235-1703 • Marion Location 618-997-3030

December 2018



Grief Support Series, SWIC Programs and Services for Older Persons (PSOP) 201 N. Church Street, <b>Belleville</b> St. Clair County Office on Aging (618) 234-4410, ext. 7034 (for group services) Contact, Jodi Gardner (618) 234-4410, ext. 7031 (for individual services)	Grief Support Group/St. Boniface Parish (non-denominational) 110 N. Buchanan, <b>Edwardsville</b> (618) 656-6450 Peer support, contact Robin Black-Rubenstein 1 <sup>st</sup> Wednesday of the month, 10:00 am - 11:15 am
Grief Share/Greater Alton Church 506 E. Airline Drive, <b>East Alton</b> Contact, Jenny Merioles, (618) 259-5010 (church), (618) 580-0543 (cell) 13 week support group	Grief Support Group Broadway Plaza; Suite 3 <b>Sparta</b> (618) 282-6233
Grief & Loss Support Group Alton Multi-Specialist Bldg. 1 Professional Drive, <b>Alton</b> 2 <sup>nd</sup> Tuesday of the month, 5:00 pm - 6:30 pm Contact Betty Phelps (618) 463-7100	Starting Over (loss of a spouse) St. John's UCC 307 W. Clay, <b>Collinsville</b> (618) 344- 2526, call for dates/times Six part support series, Fall/Spring \$20.00 materials fee
Grief Share/Service & Group Cornerstone Christian Church 775 N. Greenmount Road, <b>Belleville</b> Contact, Cathy Wright (618) 239-9710 Fridays, 6:30 pm	Grief & Loss Support Group Alton Multi-Specialist Building 1 Professional Drive, <b>Alton</b> 2 <sup>nd</sup> Tuesday of the month, 5:00 pm - 6:30 pm (618) 463-7100
The Center for Senior Renewal Outpatient Services at Alton Memorial Hospital (618) 463-7895, <b>Alton</b> Group/individual therapy, psychiatric care and community resources. Treatment for grief and loss, anxiety, depression, life changes, loneliness, hopelessness, and declining health.	The Senior Renewal Program at St. Joseph's Hospital (618) 651-2940, <b>Breese</b> Group/individual/family counseling for seniors facing unique emotional 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.

### Social Support Programs

New Beginnings (widows & widowers) Staten-Fine Funeral Homes (618) 465-8641 Held at Johnson's Corner Restaurant, <b>Alton</b> 3 <sup>rd</sup> Wednesday of each month, 12:00 pm Monthly Luncheon Social Group	Hope (sponsored by Irwin Chapel) (618) 288-9500, RSVP required Held at Sunset Hills Country Club, <b>Edwardsville</b> Monthly Luncheon Social Group, 11:30 am 2 <sup>nd</sup> Thursday of each month, April – December Cost for lunch: \$14
Our Healthy Circle, Activity Group for ages 50+ (exercise classes, luncheons, breakfast club, trips, and more) <b>Red Bud</b> , and surrounding areas Contact, Julie Hudson, (618) 282-5456 \$13.50 yearly membership fee	Program & Services for Older Persons (PSOP) Variety of activities and trips for seniors Southern Illinois Community College (618) 234-4410, call for details
<b>St. Clair</b> County Coordinator, Tanya Hargrave (618) 233-3110 (Vallhala) 1 <sup>st</sup> Wednesday of each month, The Regency, <b>O'Fallon</b>	<b>Madison</b> County, Ruby Enlow (618) 462-1383 2 <sup>nd</sup> Tuesday of each month, 11:30 am, Tony's Restaurant, <b>Alton</b> <b>New Beginnings</b> 3 <sup>rd</sup> Wednesday of each month 11:30am, John's Corner Restaurant <b>Alton</b>
Contact your local Senior Citizens Center for social programs and services	YMCA, contact your local YMCA for social programs and resources offered for seniors

\* Resources and links are for information only. Hospice of Southern Illinois is not responsible for the content on listed links.

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