

## BEREAVEMENT GROUPS

This list of bereavement self-help groups in and around Champaign County is prepared by the staff and volunteers of the Self-Help Center of Family Service. If you don't find the group you are looking for, or if you want to start a group, please contact the Self-Help Center at 352-0099 or by e-mail at [lliss@familyservicecc.org](mailto:lliss@familyservicecc.org).

The following is a key to the coded information that appears before group descriptions: 1. Year group was formed 2. A=Affiliated with a state, national or international group; F=Freestanding group 3. L=Lay run/organized group; P/L=Professional and Lay persons share facilitation/organizational roles in group; P=Professional facilitates and/or organizes group meetings.

*Inclusion in this list does not constitute an endorsement or evaluation.*

### General

#### Central Illinois

**Mothers Against Drunk Driving (MADD Illinois)** (1980 A,L) This group provides phone support and victim court advocacy to people who are coping with the loss of a loved one from an alcohol-related crash. MADD Illinois provides assistance with medical, emotional, and legal problems after an accident. **Call:** (217) 523-MADD (6233) or (888) 440-MADD (6233) **E-mail:** [kristi.hosea@madd.org](mailto:kristi.hosea@madd.org) **Local Website:** [madd.org/local-offices/il](http://madd.org/local-offices/il) **National Website:** [madd.org](http://madd.org) **Write:** MADD Illinois, 2070 W. Monroe, Ste. B, Springfield, IL 62704

#### Champaign County

**Bereaved Parents of the USA, Champaign-Urbana Chapter** (2012 A,L) This group provides support for any adults who have lost a child, grandchild, or sibling. The group is the local chapter of the national nonprofit organization, Bereaved Parents of the USA. Meets 2nd Sun., 4:30-6:00 p.m., Stephens Family YMCA, 2501 Fields South Dr., Champaign. **Call:** Jane and Jerry Pica (217) 373-1321 or Linda and James Ellison (217) 840-6377 **E-mail:** [khlinda@juno.com](mailto:khlinda@juno.com) **Website:** [bereavedparentsusa.org](http://bereavedparentsusa.org) **Write:** Jane Pica, 2521 Pinehurst Dr., Champaign, IL 61822

**GriefShare (The Vineyard Church)** (2000 A,L) This 13-week grief recovery seminar and support group is nondenominational, but does feature biblical teachings. The registration fee is \$20. For directions to the meeting room, look for signs or go to the Welcome Desk in the church. Meets Tues., 6:45-9:00 p.m., The Vineyard Church, 1500 N. Lincoln Ave., Urbana. **Call:** Thad Sweet (217) 384-3070 **E-mail:** [thad.sweet@gmail.com](mailto:thad.sweet@gmail.com) **Local Website:** [thevineyardchurch.us](http://thevineyardchurch.us) **National Website:** [griefshare.org](http://griefshare.org) **Write:** Thad Sweet, The Vineyard Church, 1500 N. Lincoln Ave., Urbana, IL 61801

**Life after Loss** (1990 F,P/L) This support group is for adults who are experiencing grief after the death of a loved one. Members share experiences and participate in activities allowing them to remember their loved one and to move on in their lives. Call for meeting schedule, location, and to preregister. Afternoon and evening sessions are available. **Call:** Carle Hospice Bereavement Coordinator (217) 383-3151 or (800) 239-3620 **E-mail:** [rita.corley@carle.com](mailto:rita.corley@carle.com) **Website:** [carle.org](http://carle.org) **Write:** Life after Loss, Carle Hospice, 206 A West Anthony Dr., Champaign, IL 61822

**Our Time** (1993 F,P/L) This free community-based support program is for children and teens, ages 4-18, who have experienced the death of a family member or friend. The eight-week group meets throughout the year. A parent group meets at the same time to address how grief is expressed in children and how parents can help their children work through their grief. **Call:** Vera Duncanson (217) 337-2487 **E-mail:** [vera.duncanson@presencehealth.org](mailto:vera.duncanson@presencehealth.org) **Write:** Vera Duncanson, Presence Hospice, 1501 Interstate Dr., Champaign, IL 61821

**Presence Grief Support Group** (2011 A,P) This group is hosted by the Presence Hospice and Pastoral Care staff. This six-session series provides opportunities to be with others who have similar grief experiences, and to share stories, support, and hope. Meets throughout the year at Presence Center for Healthy Aging, 410 E. University Ave., Ste. 200, Champaign. Contact Vera for the group schedule. **Call:** Vera Duncanson (217) 337-2487 **E-mail:** vera.duncanson@presencehealth.org **Write:** Vera Duncanson, Presence Covenant Pastoral Care, 1400 W. Park St., Urbana, IL 61801

**Rainbows For All Children** (1983 A,P/L) This program offers groups to help children who are grieving the loss of a parent or guardian due to death, divorce, deployment or other loss. Contact Rainbows to find groups. **Call:** (847) 952-1770 **E-mail:** info@rainbows.org **Website:** rainbows.org **Write:** Rainbows for All Children, 1007 Church St., Ste. 408, Evanston, IL 60201

## **Coles**

**Hopeful Horizons** (2012 P) This group provides support for anyone grieving the loss of a loved one due to death. Meets 3rd Thurs., 1:00-2:30 p.m., Sarah Bush Lincoln Health Center, Prairie Pavilion Bldg. II, Hospice conference room. **Call:** Dawn Macke, LCSW, Bereavement Counselor (800) 454-4055 **E-mail:** dmacke@sblhs.org **Write:** Dawn Macke, LCSW, Lincolnland Hospice of SBLHC, 1000 Health Center Dr., Mattoon, IL 61938

**Pathways Through Grief** (1991 F,L) This group provides education and support for anyone experiencing a loss through death. Meets 1st Wed., 7:00-9:00 p.m., Sarah Bush Lincoln Health Center Education Center, 1000 Health Center Dr., Mattoon. **Call:** Dawn Macke, LCSW, Bereavement Counselor (800) 454-4055 **E-mail:** dmacke@sblhs.org **Website:** sarahbush.org **Write:** Dawn Macke, LCSW, Lincolnland Hospice of SBLHC, 1000 Health Center Dr., Mattoon, IL 61938

## **Macon**

**Hidden Victims Phone Support** (F,P) This program provides phone support to people who have survived the death of a significant other from a homicide or DUI fatality. The service is provided by the Victim Services Coordinator of the State's Attorney's Office. The service also provides survivors with individual therapy by a licensed therapist. Survivors must be referred to therapy by the services coordinator. Therapy is provided through grant funds. There is no cost. The incident must have occurred in Macon County. Survivors must cooperate in the prosecution of a case. Survivors who reside outside of Macon County may participate in individual therapy if they are able to come to the program. **Call:** Melanie Long, Certified Advocate, Victim Services Coordinator (217) 424-1419 **E-mail:** mlong@sa-macon-il.us **Write:** Melanie Long, Macon County State's Attorney's Office, 4th Fl., 253 E. Wood St., Decatur, IL 62523

**Young Widowed Support Group** (2011 F,L) This group offers emotional support through your time of grieving and loneliness; hope for a brighter tomorrow (even though that may sound impossible); and friendships with others who can cry, laugh, and heal with you. This group will discuss some of the unique challenges of being a young widow(er), such as unfulfilled dreams, children, finances, and loneliness. The group meets monthly on the 3rd Thurs., 6:00 p.m., at various restaurants in Decatur. For a list of meetings or to be included on the e-mail list, call or e-mail. **Call:** Dawn Followell (217) 864-2799 **E-mail:** rdfdlf@comcast.net

## **Vermilion**

**GriefShare (Southside Church of the Nazarene)** (2004 A,P/L) This group provides a 13-week, grief recovery seminar and support group. The program is nondenominational, but does feature biblical teachings for recovery. The focus is on healing. There is a fee for a workbook. Meets Thurs., 6:00-7:30 p.m., fall and spring, Southside Church of the Nazarene, Fellowship Hall, 1629 King St., Tilton. **Call:** Midge Van Cleave (217) 354-4149 or church office (217) 446-7876 **E-mail:** church@southsidenaz.us **or:** danmidge@sbcglobal.net **Website:** griefshare.org **Write:** Midge Van Cleave, RN, Parish Nurse, Southside Church of the Nazarene, 1629 King St., Tilton, IL 61833

**Loss and Grief Recovery Group (Presence United Samaritans)** (1982 F,P) This group provides nine sessions for anyone, ages 16 and over, who needs help to deal with a loss through death. The series provides learning opportunities to heal from grief wounds and to grow from them. The group is facilitated by trained staff. Group literature and transportation are available. Registration is required. Meets at Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville. **Call:** Vera Duncanson, Pastoral Care Department (217) 443-5000 **E-mail:** vera.duncanson@presencehealth.org **Website:** provena.org/usmc **Write:** Vera Duncanson, Loss and Grief Recovery Group, Presence USMC, 812 N. Logan Ave., Danville, IL 61832

## Death of a Child or Unborn Child

### Champaign County

**Bereaved Parents of the USA, Champaign-Urbana Chapter** (2012 A,L) This group provides support for any adults who have lost a child, grandchild, or sibling. The group is the local chapter of the national nonprofit organization, Bereaved Parents of the USA. Meets 2nd Sun., 4:30-6:00 p.m., Stephens Family YMCA, 2501 Fields South Dr., Champaign. **Call:** Jane and Jerry Pica (217) 373-1321 or Linda and James Ellison (217) 840-6377 **E-mail:** khinda@juno.com **Website:** bereavedparentsusa.org **Write:** Jane Pica, 2521 Pinehurst Dr., Champaign, IL 61822

**Empty Arms** (2006 F,L) This grief support network was established by two mothers who experienced the loss of their infants. The group provides understanding and compassion to parents who have suffered the loss of a baby through miscarriage, stillbirth, or infant death at any time in the past. Grieving parents, adult family members, and their friends are invited to learn more about the grief process, to grow through the experience, and to share in each other's lives. Meets 1st Thurs., 6:00-7:30 p.m., Windsor Road Christian Church, 2501 W. Windsor Rd., Champaign. **Call:** Becky Ames (217) 390-7418 or Meghan Drewes (217) 637-5338 **E-mail:** bames@giftofhope.org **or:** meghan@chrisandcompanyinc.com

### McLean

**Compassionate Friends - Bloomington/Normal Chapter** (1986 A,L) This group is a national, self-help support organization offering friendship, understanding, and hope to families grieving the death of a child of any age, from any cause. There is no religious affiliation and no fees are charged. All bereaved family members are welcome. Contact The Compassionate Friends national office for current local meeting information. **Call:** National Office of The Compassionate Friends (877) 969-0010 or (630) 990-0010 **E-mail:** nationaloffice@compassionatefriends.org **Website:** compassionatefriends.org

### Vermillion

**Little Angels Parent Support Group** (1987 F,P) This group provides emotional and spiritual support for parents who have lost children through miscarriage, ectopic pregnancy, stillbirth, neonatal death, SIDS (sudden infant death syndrome), or any illness. Family members and close friends, ages 12 and older, are encouraged to attend. Individual help is available for those who cannot attend the meetings. Transportation and a lending library are available. Meets 1st Thurs., (not Jan. 1st or July 4th), 7:00-8:30 p.m., Presence United Samaritans Medical Center, 812 N. Logan Ave., Danville. **Call:** Sister Joanne Vander Heyden, Pastoral Care Department (217) 443-5000 **E-mail:** joanne.vanderheyden@presencehealth.org **Website:** provena.org/usmc **Write:** Sister Joanne Vander Hayden, Presence USMC, 812 N. Logan Ave., Danville, IL 61832

## Loss of a Pet

### Champaign County

**CARE Pet Loss Hotline** (1990 F,P) This hotline provides phone support for people of all ages who are experiencing the loss of a pet or other animal through accident, chronic disease, or misadventure. Support is provided to people who are struggling with a euthanasia decision. The University of Illinois hotline is open for calls in the evening on Tues., Thurs., and Sun., 7:00-9:00 p.m. Leave a message at other times. **Call:** CARE Pet Loss Hotline (217) 244-CARE (2273) or toll free (877) 394-CARE (2273) **E-mail:** griefhelp@vetmed.illinois.edu **Local Website:** vetmed.illinois.edu/CARE

## Survivors of Suicide

### Champaign County

**Survivors of Suicide Support Group (Champaign)** (1999 F,P) This group is for family and friends who have experienced a death by suicide. Attendance in the group is ongoing. An initial screening and orientation interview is required to join. Call to schedule an interview before attending the group. There is no fee. Meets 2nd Mon., 6:00-8:00 p.m., Presence Covenant Medical Center, 1400 W. Park St., Urbana. **Call:** Peter Dyck, Presence Covenant Spiritual Care (217) 337-2181 **E-mail:** peter.dyck@presencehealth.org **Write:** 1400 W. Park St., Urbana, IL 61801

### Peoria

**Survivors of Suicide Grief Support Group (Peoria)** (1989 A,P/L) This group provides support to anyone who is grieving over a death by suicide. It does not provide support for those who have attempted suicide. The group is not for children or adolescents. Group literature is available. Meets 1st and 3rd Tues., 7:00-8:30 p.m., Chapel Area at Proctor Hospital, 5409 N. Knoxville Ave., Peoria. **Call:** Rev. Eimo Hinrichs (309) 697-3342 **E-mail:** eimopat@aol.com **Write:** Rev. Eimo Hinrichs, 5032 W. Burns Ave., Bartonville, IL 61607

*For a complete listing of area support groups, visit the Self-Help Center website at  
selfhelp.famservcc.org*