Rosecrance Grief and Loss Group helps clients to learn, share and apply skills for their personal loss in a supportive and nonjudgmental environment.

Group utilizes skills based from the following therapies

- **Cognitive Behavior Therapy** (thoughts, behavior and emotions)
- **Dialectical Behavior Therapy** (mindfulness, emotional regulation, distress tolerance)
- **Rational Emotional Behavior Therapy** (changing feelings, thoughts, behavior and consequences)

**Day and time**
This is an 8-week program held weekly on **Thursdays at 1 pm to 2:30 pm. First session begins on Nov. 1, 2018. Participants are encouraged to commit to all meetings.**

**Location**
Groups are held at Rosecrance McHenry County at **4501 Prime Parkway McHenry, IL 60050**

**Target population**
This is an adult co-ed open group.

**Primary components**
- Talk therapy
- Group processing
- Experiential/art therapies
- Worksheets

**Contact information**
- **Current Rosecrance clients:** Please inform your primary counselor of interest in this group for a referral.
- **Potential Rosecrance clients:** Please contact the Access Department at 815.363.6132 to schedule an assessment to engage in services.

Rosecrance is a leading provider of treatment services for individuals with substance use and mental health disorders. More than 30,000 children, teens, adults and families receive help each year.