



rosecrance
life's waiting®

ROSECRANCE MCHENRY COUNTY

Rosecrance Grief and Loss Group



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)

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.

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.

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