

# Lake Forest Exploring Grief Group



## SamaraCare Counseling

*Formerly Samaritan Counseling Center*

**Meets Every Tuesday  
3:00PM - 4:30PM**

**Virtual Sessions!**

**Fall Session:  
August 24 - October 19**

**Winter Session:  
January 4 - March 1**

Are you or someone you know grieving the loss of a family member, partner, or friend? If so, find comfort, healing, and support in SamaraCare's Lake Forest Exploring Grief Group. This program is offered virtually in two 9-week sessions. Three Lake County congregations have come together to sponsor this program, making it available at no cost to participants.

Our Exploring Grief Group provides a confidential, educational, and nonjudgmental environment. It shares ideas with attendees about how to cope with their loss while continuing to find meaning in their lives. This group is facilitated by an experienced professional counselor.

To register for either 9-week session, please contact Denise Kitanovski, JD, MA, LCPC at 847-446-6955, ext.422 or [dkitanovski@samaracarecounseling.org](mailto:dkitanovski@samaracarecounseling.org). Space is limited.

**Sponsored by First Presbyterian Church of Lake Forest,  
Church of the Holy Spirit, St. James Lutheran Church**