



First in *caring* for life's final months

June 16, 2021

Hello!

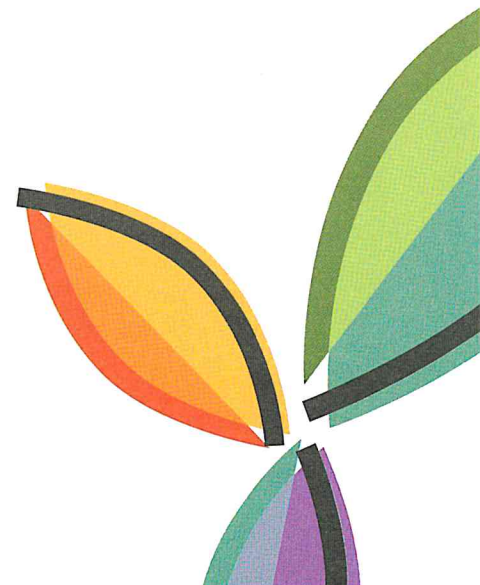
I wanted to take the opportunity to share a unique, free group we will be offering to the community through Northern Illinois Hospice. It is titled "Creative Expressions for Grief Support" and the flyer is included. This will be a series of eight sessions highlighting the creative and healing arts for grief support and wellbeing. On the tail-end of our pandemic, grief is something that has been too close, for too long. This can serve as a creative way to find comfort and support.

Attached is the flyer, please consider posting it and including it in your church bulletin. If you would like me to send it to you digitally, I am happy to do so: [jconley@niha.org](mailto:jconley@niha.org).

Interested individuals can register for this by going to the website, calling, or emailing me. Participants can attend all or any combination of the individual sessions, they function as a sequence or as stand-alone events. This will be run via Zoom, with links sent out weekly in advance of each session.

Please do not hesitate to contact me with any questions and thank you for your time.

Jen Conley, MT-BC, LPC





# Creative Expressions

## FOR GRIEF SUPPORT

A Series of Eight Summer Sessions

**July 12** *Session 1*  
**JEN CONLEY, MT-BC, LPC**  
Northern Illinois Hospice Bereavement Coordinator/Music Therapist

Grief Overview, Telling our Story, and Grief Journaling: An overview of the grieving process, the benefits of creative coping and self-expression, sharing our journey and an introduction to Grief Journaling.

**July 26** *Session 3*  
**JILL DAVIS-KUMANICH, LCSW**  
Enriching Wellness, LLC

Resource Tapping for Emotional Healing: Using mindful awareness and intention to bring imagery and body sensation to emotional healing. The session will include an introduction to guided imagery as another way to bear emotional distress.

**August 9** *Session 5*  
**JEN CONLEY, MT-BC, LPC**  
Northern Illinois Hospice Bereavement Coordinator/Music Therapist

Music Therapy for Comfort, Grief Expression, and Self-Care: Explore ways music can enhance self-care and provide an emotional bridge to your loved one. Participate in a guided meditation to music and engage in lyric analysis including writing prompts.

**August 23** *Session 7*  
**CAMILLE BAKER, LCPC, ATR, RYS**  
Art Therapist/Counselor with Kaleidoscope Healing Arts

Art Therapy for Grief Support, the Memory Mosaic: Art is a metaphoric language, and a vehicle for healing which allows us to honor, remember and transform. A visual representation can also provide an emotional "container" for difficult feelings.

**July 19** *Session 2*  
**ANDREW VITALE, CT**  
Thanatologist/Author, Northern Illinois Hospice Bereavement Coordinator

Mindful Meditation and Resilience: We will take a look at, and practice, the arts of mindfulness and breath-work, and learn how we can begin to control trauma and grief when they rear their ugly heads using simple applications.

**August 2** *Session 4*  
**REV DR. MARTHA BRUNELL**  
Spiritual Director, Writer, Workshop/Retreat Leader

The Labyrinth: We keep in sight a center that holds as we journey with grief through the twists and turns of a handheld labyrinth. The labyrinth is an ancient spiritual symbol particularly helpful in times of transition and change.

**August 16** *Session 6*  
**JO CESSNA**  
Culinary Health Instructor

Food and Food Preparation for Healing: Learn about how food preparation can be not only an important part of personal health and well-being, but also an avenue to ritual, connection, meaning, legacy, and a healing avenue for our grief.

**August 30** *Session 8*  
**JEN CONLEY, MT-BC, LPC**  
Northern Illinois Hospice Bereavement Coordinator/Music Therapist

The Healing Arts as Companion: Discussion of integrating healing arts practices into your life, Grief Journaling, additional support opportunities and next steps in your journey.

\*\* All sessions are free of charge and from 6-7:30 p.m. in Zoom/Virtual format. You may attend all or choose only those that interest you. To register, visit [northernillinois hospice.org](http://northernillinois hospice.org), call 815.312.8338, or email [jconley@niha.org](mailto:jconley@niha.org).