

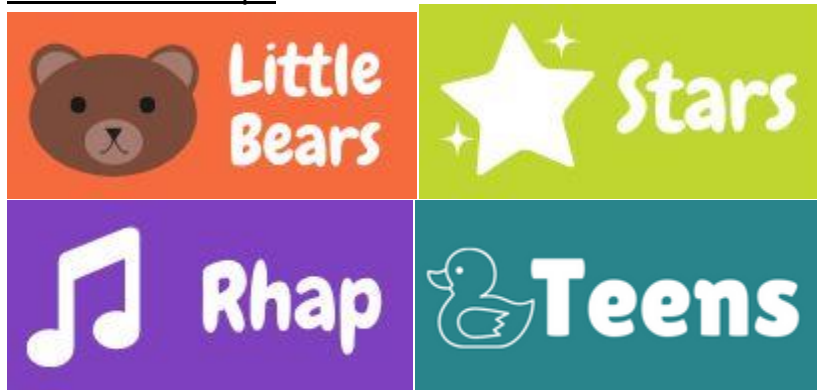


# Support Groups, Programs & Services Available

## **Monthly Group**

Monthly grief support for kids, teens, and adults. Meetings are typically held at 6:30 p.m. on the first Monday of every month (subject to change based on holidays - check our newsletter and the [Heartlinks Facebook website](#) for confirmed dates) at the Heartlinks Grief Center - 5110 W Main Street, Belleville, IL 62226. All groups occur concurrently. Periodic social opportunities are available as well. Registration and initial visit required. Donations accepted.

### Child/Teen Groups



### Adult Groups



Aching Arms is our support group designed for anyone who is grieving the loss of a child. All are welcome to attend. [To register for the next Aching Arms group night, please click here.](#)

## Other Groups

### **TAG**

**TAG** – Teens And Grief support is available at local schools. Participation is arranged through a student's high school counselor, teacher or social worker, or by calling Heartlinks. TAG meets during class times with trained counselors from the Heartlinks Grief Center.

### **ADDICTION LOSS**

**Addiction Loss Program** – Grief group for adults dealing with the loss of a loved one to addiction-related causes. Meetings are held at Heartlinks on the 2<sup>nd</sup> Tuesday of the month from 6:30 to 8:00 pm at 5110 Main St. Belleville, IL 62226. [To register for the next group meeting, click here.](#)

### **FACING THE FUTURE**

**Facing the Future** – Adult grief support programs are offered for any adult who has experienced the death of a loved one. Facilitated by counselors from the Heartlinks Grief Center. Meetings are held on the 3<sup>rd</sup> Monday of each month from 10 am to 11:30 am at Programs for Seniors and Old Persons, 201 N Church St, Belleville, IL 62220. [Call Susan at 618-234-4410 ext. 7044 to register.](#) Donations accepted.

### **partner loss**

**Partner Loss Plus** – Adults who have lost a partner in mid-life or early retirement years. Meetings are typically held at Heartlinks on the 3<sup>rd</sup> Tuesday of every month. *Registration and initial visit with a counselor is required.*

### **Friends Who Get It**

**Friends Who Get It** – Digital community and support program for young adults, 18 to 30. To connect with this group, follow and direct message on Instagram at "Friends Who Get It" or contact us at 618-277-1800.