

# Virtual Exploring Grief Group



## SamaraCare Counseling

*Formerly Samaritan Counseling Center*

**Meets Every Thursday  
6:00PM - 7:30PM  
(Meeting Virtually)**

**Fall Session:  
October 13 - December 8**

**Winter Session:  
February 9 - March 30**

SamaraCare's Virtual Exploring Grief Group provides a safe and supportive environment for adults who have experienced the death of a spouse, friend, parent, partner, or other loved one.

This grief group helps:

- Normalize the intense impact of grief
- Facilitate acceptance of grief and promote healing
- Provide a nonjudgmental space to share thoughts, process emotions, and receive support

This program is offered in two 8-week sessions. Three North Shore congregations have come together to sponsor the group, making it available to participants at no cost. An experienced professional counselor facilitates the group, which consists of those from various spiritual orientations. Everyone is welcome. Please register as soon as possible as space is limited.

For questions or to register, contact Denise Kitanovski, JD, MA, LCPC at 847-446-6955, ext. 422 or [dkitanovski@samaracarecounseling.org](mailto:dkitanovski@samaracarecounseling.org).

**Sponsored by Christ Church Winnetka,  
Kenilworth Union Church, Winnetka Congregational Church**