

# Hand in Hand: A Support Group for Spouse and Partner Loss

The loss of a spouse or partner can be life-changing, especially as you face the future without your loved one. Learn what to expect from your grief; adapt to role changes; gain support from others in the same situation; learn coping skills and navigate relationships in your new status. For those with a loss over the past year and a half.

- Date:** April 19 – May 24  
**Time:** Wednesdays, 10:30am – 12:00 pm  
**Place:** JCFS – Goldie Bachmann Luftig Building  
5150 Golf Rd., Skokie  
**Fee:** \$120 for the series (adjustable)  
**Contact:** Elizabeth Siegel Cohen, LCSW  
**Phone:** 847-745-5404  
**Email:** [ElizabethCohen@jcfs.org](mailto:ElizabethCohen@jcfs.org)



One-stop, toll-free access for help. Call 855-ASK-JCFS (855- 275-5237), email [ask@jcfs.org](mailto:ask@jcfs.org) or visit [jcfs.org](http://jcfs.org).

JHNC is administered by Jewish Child & Family Services in collaboration with CJE SeniorLife, the Chicago Board of Rabbis & Jewish United Fund/Jewish Federation. JCFS is a partner in serving our community, supported by the Jewish United Fund/Jewish Federation.



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