



## RIVER FOREST TOWNSHIP

Caring | Connection | Community

January 31, 2023

Dear

We are writing to re-introduce you to the LOSS program ("Loving Outreach to Survivors of Suicide"), and to announce the return of in-person monthly LOSS support groups to our River Forest Township location. The River Forest meeting is held the 3rd Monday of every month at 6 p.m., 8020 Madison St (River Forest Community Center), 2nd floor, River Forest, IL 60305.

**Supervisor**

Carla Sloan  
708.366.2029 x11

**Assessor**

Pamela Kende  
708.366.2787 x21

**Clerk**

Vanessa Druckman  
708.366.2029 x12

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Helene Connolly  
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Keith Strom  
Karen Taubman

**Mental Health  
Administrator**

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**Senior Outreach  
Coordinator**

Betsy Kelly  
708.366.2029 x13

**Deputy Assessor**

Kathy Elliott  
708.366.2787 x22

LOSS is a well-regarded *nondenominational* program funded and run by Catholic Charities. LOSS provides services for anyone affected by suicide loss, including spouses, parents, children, siblings, other relatives, and friends. Services include individual and family counseling, a newsletter and various support group programs. All grief groups and counseling are conducted by a licensed clinical therapist. Groups are also co-facilitated by veteran survivors who represent hope and recovery for those who are newly bereaved.

Many LOSS services are provided in-person, with some offered virtually. While support groups are free, counseling costs may be covered by insurance or sliding scale fee for those without mental health insurance benefits. LOSS supports those with a recent suicide loss and those who are many years out from such a loss.

We find that survivors of suicide loss typically have therapeutic needs that are unique. Thus, we find that LOSS groups provide greater comfort and therapeutic value than general grief groups.

Because of your position as a first responder, a mental health services provider, or provider of pastoral care, you are likely on the front lines in providing services to those affected by suicide. We want to make sure that you are aware of LOSS.

Please review the enclosed info and pass it along to those who might be interested.

With decades of experience in suicide bereavement, the Catholic Charities LOSS program has assisted thousands of clients and families in need. The monthly LOSS meeting at River Forest Township is open to all and is most easily accessible to those from Chicago or the western suburbs.

For information on other LOSS meetings, visit [www.Catholiccharities.net/loss](http://www.Catholiccharities.net/loss) or email [loss@catholiccharities.net](mailto:loss@catholiccharities.net). Thank you.

Sincerely,  
Carla B. Sloan, River Forest Township Supervisor

CATHOLIC CHARITIES  
OF THE ARCHDIOCESE OF CHICAGO

## Loving Outreach to Survivors of Suicide LOSS Program



721 N. LaSalle Street  
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[www.catholiccharities.net](http://www.catholiccharities.net)  
Find us on:   

### THE MISSION OF CATHOLIC CHARITIES

Catholic Charities fulfills the Church's role in the mission of charity to anyone in need by providing compassionate, competent and professional services that strengthen and support individuals, families and communities based on the value and dignity of human life.

In order to remain faithful to our mission, Catholic Charities is guided by these core values  
*Respect, Compassion, Competence and Stewardship.*

09/13/2019

CATHOLIC CHARITIES  
OF THE ARCHDIOCESE OF CHICAGO

## LOSS

Loving Outreach  
to Survivors of Suicide



*Offering hope and healing after  
the loss of a loved one to suicide.*



## FOR MORE INFORMATION

### CHICAGO

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### LOSS COLLABORATIONS

At the request of survivors, LOSS has continued to grow and now collaborates with Catholic Charities of the dioceses of Joliet, Rockford, and Gary, Indiana to provide these much needed services in their areas.

**Diocese of Gary**  
940 Broadway • Gary, Indiana 46402  
(219) 886-3549 • [www.catholic-charities.org](http://www.catholic-charities.org)

**Diocese of Joliet**  
203 N. Ottawa St. • Joliet, Illinois 60432  
(815) 723-3405 • [www.catholiccharitiesjoliet.org](http://www.catholiccharitiesjoliet.org)

**Diocese of Rockford**  
555 Colman Center Dr., P.O. Box 7044  
Rockford, Illinois 61125  
(815) 399-4300  
[www.catholiccharities.rockforddiocese.org](http://www.catholiccharities.rockforddiocese.org)

## What is LOSS?

Loving Outreach to Survivors of Suicide is a non-denominational program that supports individuals who are grieving the loss of a loved one by suicide. The LOSS Program is offered by Catholic Charities of the Archdiocese of Chicago in collaboration with the Dioceses of Joliet, Rockford, and Gary, Indiana. We are funded by private foundations and your charitable contributions.

## What does LOSS do?

LOSS offers a safe, non-judgmental environment where survivors of suicide can openly talk about feelings and experiences. We help you to find community, direction and resources for healing.



## How does LOSS help?

- We provide a warm, nurturing network of other survivors.
- We educate members about the grieving process.
- We support your unique struggle to regain hope and strength.

## Services for Adults

- Monthly support groups throughout the Chicagoland area.

### Sites include:

Chicago, Des Plaines, Downers Grove, Cicero, Wilmette, Mundelein, River Forest, Worth, Joliet, Cary, Inverness, Kankakee, Merrillville

- Weekly support groups for the newly bereaved in eight-week sessions.
- Individual and family counseling.
- Monthly newsletter, the Obelisk.

## Services for

## Children and Youth

- Individual therapy for children ages 3-18.
- Group and family counseling at various Catholic Charities locations.
- Peer support groups facilitated by trained clinicians.
- Parent consultation.

## What you may expect after suicide loss

- Problems with sleep, appetite and fatigue
- Intense emotions
- Difficulty focusing or making decisions
- Hopelessness
- Anger
- Anesthetizing behaviors
- Shame
- A state of being overwhelmed
- Psychological disruption
- Trauma symptoms

## We welcome your inquiries

Your call will be received with presence and compassion.

Please contact  
the LOSS Program  
**(312) 655-7283**