

KENDALL COUNTY HEALTH DEPARTMENT GRIEF AND BEREAVEMENT COUNSELING SERVICES

Coping with the dying and loss of a loved one can be among life's most trying experiences.



Grief is a natural response to loss and there are a variety of healthy ways to deal with and adjust to such great loss.

- **Learn that sadness is an important part of the healing process.**
- **Work to experience your emotions in a healthy way.**
- **Plan to honor the memory of the deceased in a meaningful way.**
- **Give yourself the time that you need to heal.**
- **Move forward with your life in a healthy manner.**

Call (630) 553-9100 to schedule an appointment