

# GRIEF SUPPORT GROUP

FOR FARMERS AND  
FARM FAMILIES

WE ALL NEED SOMEONE  
WE CAN **TALK** TO

## UPCOMING DATES

Sept 22 | Oct 13 | Nov 3  
Nov 24 | Dec 15

7-8 pm | Virtual

*Link to join will be sent upon registration*

Navigating through the emotions of grief and sorrow during a loss can feel incredibly challenging. Our grief support groups offer a confidential space for individuals to openly express their feelings, engage in discussions, find solace, and extend comfort to those who have lost a loved one.



PRESENTER

**Rachel Brown**

Rachel grew up on a family farm in Mercer County and spent almost five years working for an agriculture company prior to becoming a counselor. Through work at SIU Center for Family Medicine and Pepper Brown & Associates in Springfield, IL, she gained skills and interventions necessary to help clients struggling with anxiety, depression, life transitions, trauma, grief and more.

To register or for more information,  
contact Rachel Brown at **217.718.6315**  
or email **rbrown97@siumed.edu**.



**SIU MEDICINE**  
CENTER FOR RURAL HEALTH &  
SOCIAL SERVICE DEVELOPMENT

[siumed.org/farm](https://siumed.org/farm)

There is no charge to participate thanks to the generous financial support provided by the Illinois Department of Human Services, the Division of Mental Health.