



# ILLINOIS CONNECTIONS FOR FAMILIES OF THE FALLEN (ICFF)

**November 5, 2011 • 10:00 am - 4:30 pm**

**Registration begins at 9:00 am • Southwestern Illinois College**

**2500 Carlyle Avenue • Room 2320, Main Complex, 2nd floor • Belleville, Illinois 62221**

## Connections in Southern Illinois: Bringing Families of the Fallen Together

- **Designed for all ages and relationships –** Children, Teens, Siblings, Spouses, Parents and others
- **Share ideas for future events**
- **Create a traveling memorial**
- **Counselors & child care will be available**



**Customize your day by selecting the activities that you wish to participate in. Three helpful programming tracks are available to choose from:**

- 1) Resources** – Participate in sessions that will help you “Reach your financial goals”, “Establish Peer Networks”, “Restart your career”, and “Make your voices heard and find resources via the internet”.
- 2) Groups/Workshops** – Participate in interactive group and workshops that will help you “Finding Strength in Family and Community”, aid in “Handling stress, coping & healing”, and “Talking to Children about Loss and Grief”, and provide assistance to cope “One Year and Beyond: Holidays, Anniversaries, and Memories”
- 3) Creative Arts** – Participate in family friendly activities including art, music & wellness. Activities include:
  - “Long May it Wave” a therapeutic art project for the whole family
  - “Layers of Life” an opportunity to create and experience music through the use of instruments, body percussion and voice. (No musical abilities required)
  - “Our Journey Together” **Please bring your personal token of remembrance** to this activity which will be used as a symbol of strength in combination with pictures, words, thoughts, feelings, and actions. The group will interact with each other as they problem solve and offer suggestions as to how to face various challenges and obstacles on this journey.
  - “Garage Band” - will provide an opportunity for adolescents to come together in a non-threatening environment with garage band type instruments (drums, guitar, vocals, keyboard, and percussion) No prior instrumental experience required

**This is the third in a series of events around the state and an opportunity to tell us what would be helpful for your family at future events.**

**Register online at: <http://tinyurl.com/3gz47vc> (Space is limited) For questions, contact Bob Gillmore at 217.761.3382**

**Complimentary for all attendees: Lunch, Child Care, Parking (Parking will be in lots M-3 & M-4)**

**See reverse side for map of college and parking locations**

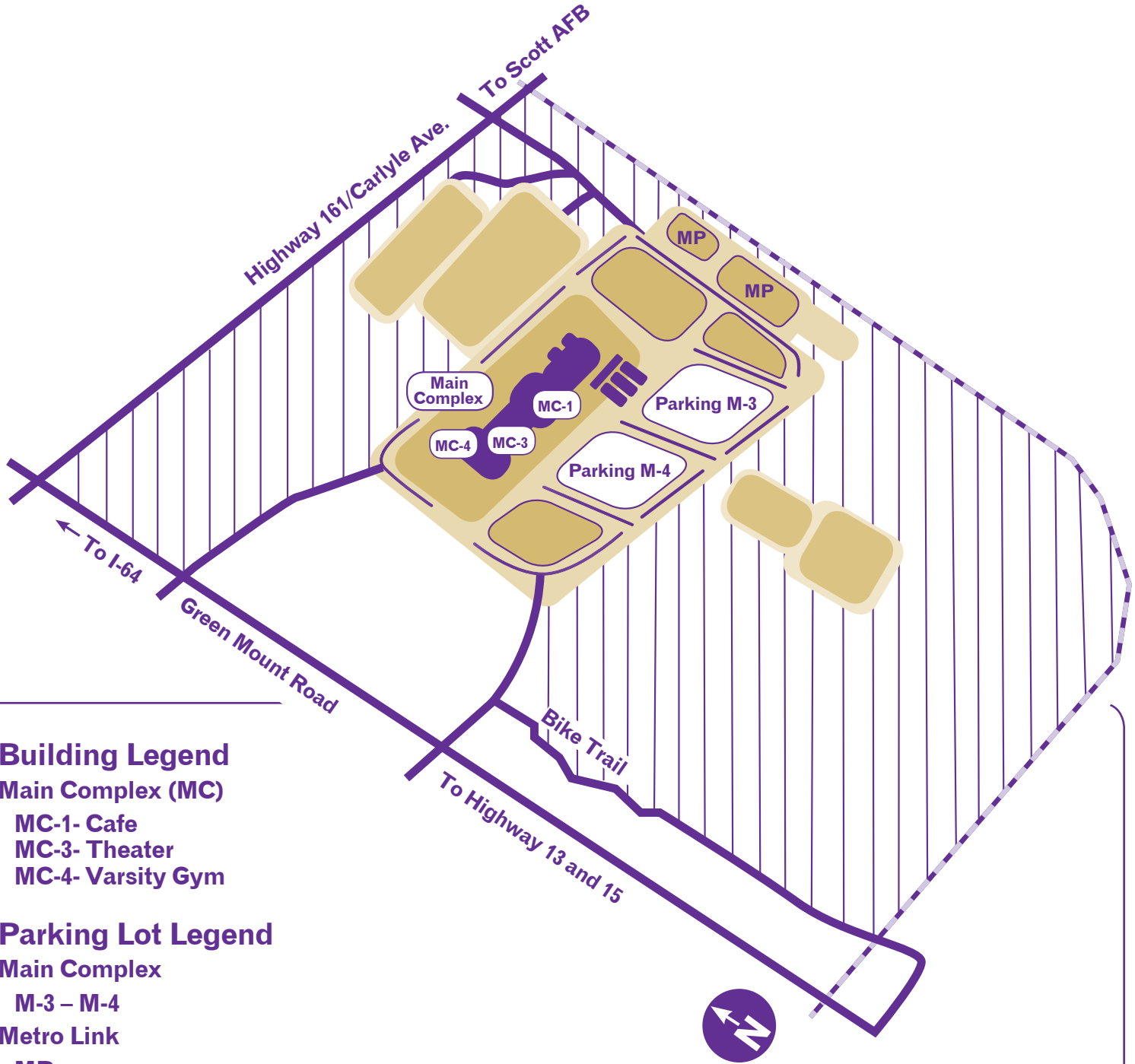


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# Belleville Campus

2500 Carlyle Avenue • Room 2320, Main Complex, 2nd floor • Belleville, Illinois 62221

*Parking (Parking will be in lots M-3 & M-4)*



## Building Legend

### Main Complex (MC)

- MC-1- Cafe
- MC-3- Theater
- MC-4- Varsity Gym

## Parking Lot Legend

### Main Complex

- M-3 – M-4
- Metro Link
- MP

## Illinois Connections for Families of the Fallen (ICFF) Agencies Include:

Army Survivor Outreach Services  
Barr-Harris Children's Grief Center  
La Rabida Children's Hospital Chicago Child Trauma Center  
The Chicago Institute for Psychoanalysis  
The Chicago School of Professional Psychology

Health & Disability Advocates  
Children's Home and Aid  
Children's Research Triangle  
Diveheart  
Illinois Childhood Trauma Coalition  
Illinois Department of Veterans Affairs  
Illinois Governors Office

Illinois Network of Child Care Resource & Referral Agencies, (INCCRRA)  
Institute for Therapy Through the Arts  
McCormick Foundation  
Michael Reese Health Trust  
National Child Traumatic Stress Network  
Northwestern University

Operation Support our Troops America  
Operation Homefront  
Southwestern Illinois College  
Veterans of Foreign Wars  
Zero to Three