



**HOSPICE  
OF THE  
WESTERN  
RESERVE**

The Elisabeth Severance Prentiss  
Bereavement Center

## SPRING 2012 Community Support Groups & Activities

### MASSAGE THERAPY

#### *Providing Comfort Through Touch*

Stress is a normal part of life. As you move along grief's journey, you may face many challenges. Massage therapy is a tool useful in helping to cope with stress, anxiety and fatigue. To schedule an appointment, call Felicia Dunlop-Stanley at 216.486.6335. All appointments will be held at The Elisabeth Severance Prentiss Bereavement Center.

Basic Fees: \$25 for 30 minutes \$50 for 60 minutes

### YOGA MATTERS

Give yourself the gift of time and attention. The practice of Yoga helps you tune into yourself and take care of your physical, emotional and spiritual needs. Classes held at Hospice of the Western Reserve Lakeshore Campus. For more information, call 216.486.6838.

On-going Yoga Class designed for caregivers and bereaved.

**Wednesdays, 5:30 to 6:45 p.m.**

Fee: \$40/month or \$12 drop-in (sliding scale fee available)

### ALCOHOLICS ANONYMOUS

#### **Lakeshore Campus**

Wednesdays, 12:45 p.m.

For more information, call 216.241.7387

## Bereavement Support Groups

Unless otherwise noted, our support groups are open to anyone who has had a loved one die. Please note, the Westlake groups will be held at St. John Medical Center, Westshore Professional Building, 29160 Center Ridge Road, Suite R. Groups are subject to change. Call to verify time and location.

## Adult Support Groups

### CIRCLE OF HOPE SERIES

A six-week educational support class **for adults who have had a loved one die**. Registration is required. Please call the facilitator listed below for more information or to register. **The Elisabeth Severance Prentiss Bereavement Center Wednesdays, March 28 – May 2, 10:00 to 11:30 a.m.**

Diana Battles 216.486.6364

#### **Lakeshore Campus**

**Mondays, April 16 – May 21, 6:00 to 7:30 p.m.**

Tensie Holland 216.383.3741

#### **Lakewood Office**

**Mondays, March 19 – April 23, 6:30 to 8:00 p.m.**

Judy Beckman 216.383.2222 ext. 1114

#### **Mentor Office**

**Wednesdays, April 18 – May 23, 10:00 to 11:30 a.m.**

Lisa Florjancic 216.383.2222 ext. 1052

#### **Warrensville Heights Office**

**Tuesdays, April 24 – May 29, 2:00 to 3:30 p.m.**

Vicki Jackson 216.383.2222 ext. 1197

### HOPE & HEALING

An on-going monthly support group **for grieving adults**. Registration is not required. Please call facilitator for more information.

#### **Lakeshore Campus**

**3<sup>rd</sup> Monday of the month, 6:00 to 7:30 p.m.**

April Ratcliffe 216.383.3782

#### **Mentor Office**

**3<sup>rd</sup> Tuesday of the month, 10:30 to 11:30 a.m.**

Lisa Florjancic 216.383.2222 ext. 1052

#### **University Hospitals, Geneva**

**Behm Funeral Home and Hospice of the Western Reserve Support Group**

**2<sup>nd</sup> Monday of the month, 5:00 to 6:00 p.m.**

Marti Dixon 440.997.6619

### FOR THE YOUNG ADULT (20'S)

**The Elisabeth Severance Prentiss Bereavement Center 3<sup>rd</sup> Wednesday of the month, 6:00 to 8:00 p.m.**

Diana Battles 216.486.6364

### PARENT LOSS

A monthly support group for adults adjusting to life after the death of a parent.

#### **Lakewood Office**

**2<sup>nd</sup> Tuesday of the month, 6:30 to 8:00 p.m.**

Judy Beckman 216.383.2222 ext. 1114

### PARENTS TOGETHER

A support group for parents coping with the death of an adult child. Registration is required.

#### **Warrensville Heights Office**

**Thursdays, April 5 – April 26, 3:30 to 4:30 p.m.**

Vicki Jackson 216.383.2222 ext. 1197

## Spousal Loss Groups

### NEW BEGINNINGS

A monthly support group **for young widows and widowers** (ages 55 and younger). This group is open-ended and on-going. Registration is not required.

#### **Westlake**

**St. John Medical Center, Westshore Professional Building 29160 Center Ridge Road, Suite R**

**2<sup>nd</sup> Wednesday of the month, 6:30 to 8:00 p.m.**

JoDee Coulter 216.383.2222 ext. 1301

#### **Warrensville Heights Office**

**2<sup>nd</sup> Monday of the month, 6:00 to 7:30 p.m.**

Vicki Jackson 216.383.2222 ext. 1197



## NEW JOURNEY

A support group for widows and widowers of any age, adjusting to life without their spouse. This group is open ended and on-going. Registration is not required.

**The Elisabeth Severance Prentiss Bereavement Center**  
**2<sup>nd</sup> Thursday of the month, 10:00 to 11:30 a.m.**

Diana Battles 216.486.6364

### **Ashtabula Office**

**2<sup>nd</sup> Thursday of the month, 6:00 to 7:30 p.m.**

Marti Dixon 440.997.6619

## HORIZONS

A monthly support group for the older adult widow and widower. This group is open ended and on-going.

### **Mayfield Village Baptist Church**

6500 Highland Road, Mayfield

**2<sup>nd</sup> Tuesday of the month, 1:00 to 2:30 p.m.**

Kathryn Harrison Brown 216.486.6331

## LOSS OF A FRIEND

A four-week support group for adults who have experienced the death of a friend. Registration is required.

### **Lorain Office**

**Mondays, February 6 - February 27, 6:00 to 7:30 p.m.**

Laurie Mason 440.787.2080

## HOPEFUL HEARTS

Grief support for anyone age 60 and over who has experienced the death of someone special.

### **Holy Spirit Family Center**

410 Lear Road, Avon Lake

**4<sup>th</sup> Tuesday of the month, 1:00 to 2:30 p.m.**

JoDee Coulter (216) 383-2222 ext. 1301

## WOMEN'S WORKSHOP "New Group"

A bereavement workshop for women who have lost a partner/spouse. Come for support, discussion, and coping tools. Light refreshments served. Register by Friday, April 20.

### **Lakewood Office**

**Tuesday, April 24, 6:00 to 8:00 p.m.**

Judy Beckman 216.383.2222 ext. 1114

## BEREAVEMENT AND RECOVERY "New Group"

An 8 week support group exclusively for those in recovery from an addiction who have experienced the loss of a loved one and would feel more comfortable with others who are in recovery. Register by Thursday, April 26. *Requirements:* 1. At least six months or more in recovery. 2. Able to commit to all eight sessions.

### **Lakewood Office**

**Wednesdays, May 2 - June 20, 6:30 to 8:00 p.m.**

Judy Beckman 216.383.2222 ext. 1114

# SPECIAL EVENT

## Mother's Day Tea

For those who have experienced the death of their mother or mother figure, and for mothers who have experienced the death of a child, please join us for a Mother's Day tea where we will honor the memory of those relationships.

**The Elisabeth Severance Prentiss  
Bereavement Center**

Saturday, May 12, 2012

2:00 to 4:00 p.m.

Call Felicia Dunlop-Stanley at  
216.486.6335 to register by May 1.

## Children & Family Support Groups

### S.T.A.R.S. (Supporting Tears, Anger, Remembrance & Sadness)

A six-week support group for grieving children ages 6-12. While the children are meeting, there is an adult support group to assist parents and family members in dealing with their own grief. The groups are free and open to the public. Registration is required.

**The Elisabeth Severance Prentiss Bereavement Center**  
**May 30 - July 11, 6:00 to 8:00 p.m. (no group July 4)**

Shavaun Jones 216.486.6319

### HELPING HANDS/HEALING HEARTS

A monthly support group for children ages 6-13 and adults, who have experienced the death of a loved one. While the adults are meeting, there is a co-existing support group for the children. Registration is not required.

**The Elisabeth Severance Prentiss Bereavement Center**  
**3<sup>rd</sup> Tuesday of each month, 6:00 to 8:00 p.m.**

Colleen Thompson 216.486.6316

### FABRIC AND FEELINGS

A weekly group where participants use fabric techniques such as quilting (sometimes involving clothing from loved ones) or photo transfer to create quilts, pillows, dolls and other types of lasting memories. Sewing expertise is not necessary.

**The Elisabeth Severance Prentiss Bereavement Center**  
**Thursdays, 2:00 to 4:00 p.m.**

Mollie Postotnik 216.486.6544



**Warrensville Heights Office**

*Must attend both Wednesdays, May 9 and 16, 6:30 to 8:30 p.m.*

**Elisabeth Severance Prentiss Bereavement Center**

*Must attend both Thursdays, May 10 and 17, 6:30 to 8:30 p.m.*

**Healing Arts Workshops, Spring 2012**

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to all grieving people. No art experience is necessary. **Call Mollie Postotnik at 216.486.6544 or email [mpostotnik@hospicewr.org](mailto:mpostotnik@hospicewr.org) to register no later than four days in advance of workshop date. Suggested \$5.00 donation for supplies.**

**POETRY SPOONS**



This workshop offers a unique way to remember your loved one while creating a meaningful keepsake using old silver or silver plated spoons. Bring poetry or a favorite phrase or quote from your loved one to incorporate into the artwork. If you wish, tiny photocopied photos can also be included (no bigger than 1/2" square). *\*Spoons will be provided\**

**The Elisabeth Severance Prentiss Bereavement Center  
Thursday, April 12, 6:30 to 8:30 p.m.**

**St. John Medical Center, Westshore Professional Building  
29160 Center Ridge Road, Suite R, Group Room D  
Tuesday, April 17, 6:30 to 8:30 p.m.**

**Warrensville Heights Office  
Wednesday, April 25, 6:30 to 8:30 p.m.**



**WIND CHIMES**



Attend this two-part workshop to create a ceramic wind chime to honor a loved one. The first session will consist of painting clay shapes for the wind chime. At the second session, we will assemble them.

**St. John Medical Center  
Westshore Professional Building**

29160 Center Ridge Road, Suite R, Group Room D  
*Must attend both Tuesdays, May 8 and 15, 6:30 to 8:30 p.m.*

**ART FOR RELAXATION: *Painting on Velour***



Participants will use soft pastels to "paint" a picture on velour paper. The velour surface holds the color so that the pastel dust is kept to a minimum. Whether you like working with pastels or not, you are in for an enjoyable experience!

**Warrensville Heights Office**

**Wednesday, June 13, 6:30 to 8:30 p.m.**

**The Elisabeth Severance Prentiss Bereavement Center  
Thursday, June 14, 6:30 to 8:30 p.m.**

**St. John Medical Center, Westshore Professional Building  
29160 Center Ridge Road, Suite R, Group Room D  
Tuesday, June 19, 6:30 to 8:30 p.m.**

**MONTHLY SCRAPBOOK NIGHT "New Group"**



Remember that scrapbook of your loved one(s) you never got around to finishing? No matter where you are in the process or if you haven't yet begun, come join us! Bring your photos (copies of originals is recommended), handwritten notes, poetry, etc. Scrapbooks and some embellishments provided.

**The Elisabeth Severance Prentiss Bereavement Center  
1<sup>st</sup> Thursday of the month, beginning March 1, 6:30 to 8:30 p.m.**

**LGBT ART THERAPY GROUP "New Group"**



This is a new group for members of the Lesbian, Gay, Bi-Sexual or Transgender Community. Whether you have lost a partner or other family member, you are welcome in this group. We will explore a variety of art media and techniques.

**The Elisabeth Severance Prentiss Bereavement Center  
Last Tuesday of the month, beginning March 27, 6:30 to 8:30 p.m.**

**HOSPICE OF THE WESTERN RESERVE OFFICE LOCATIONS**

**Lakeshore Campus**

300 East 185th Street  
Cleveland, OH 44119-1330  
216.383.2222

**Headquarters**

17876 St. Clair Avenue  
Cleveland, OH 44110-2602  
800.707.8922

**Ashtabula Office**

1166 Lake Avenue  
Ashtabula, OH 44004-2930  
440.997.6619

**Hospice Care Center**

26376 John Road  
Olmsted Township, OH 44138  
440.235.3134

**Lakewood Office**

14601 Detroit Avenue, Suite 100  
Lakewood, OH 44107-4212  
216.227.9048

**Lorain Office**

2173 N. Ridge Road E., Suite H  
Lorain, OH 44055-3400  
440.787.2080

**Mentor Office**

5786 Heisley Road  
Mentor, OH 44060-1830  
440.951.8692

**Summit Office**

150 Springside Drive, Suite A-100  
Fairlawn, OH 44334  
330.800.2240

**Warrensville Heights Office**

4670 Richmond Road, Suite 200  
Warrensville Hts, OH 44128-5978  
216.454.0399

**Westlake Office**

29101 Health Campus Drive,  
Building 2, Suite 400  
Westlake, OH 44145-5268  
440.892.6680

**The Elisabeth Severance  
Prentiss Bereavement Center**

300 East 185th Street  
Cleveland, OH 44119-1330  
216.486.6838