

# Support Groups

## FALL 2021

### Community Support Groups and Activities

We are happy to offer a mix of in-person and virtual groups at this time. All groups require advance registration, and the number of participants is limited. Participants of in-person groups will be asked to maintain distance and to wear a face covering within the meeting space. Virtual groups will be offered via Microsoft Teams. For more information or to register for a group, please call or email the facilitator listed for that group.

Grief support groups can provide a valuable space to talk with others who have experienced similar losses. Sometimes, more than one attempt may be necessary to find the group that best meets your needs. Please do not be discouraged; it's okay to experiment. Regardless of your loss or coping style, remember that you are not alone, and you need not grieve alone.

Grief support groups provide:

- A safe place to express emotions
- A place to "tell your story"
- Education about grief and loss
- Normalization and validation of your grief experience
- Opportunities to learn new roles, ways to problem-solve and cope with situations
- New friendships
- A chance to laugh

### VIRTUAL SUPPORT GROUPS

#### Hope and Healing

**MONTHLY** An ongoing monthly support group for grieving adults

First Monday of the month  
6 to 7:30 p.m.

**Kelly DiTurno**  
kditurno@hospicewr.org  
440.414.1737

#### Parents Together

**MONTHLY** For parents who have experienced the death of an adult child

Second Tuesday of the month  
6 to 7:30 p.m.

**Shawn Eigenbrode**  
seigenbrode@hospicewr.org  
216.486.6364

#### Parent Loss

**MONTHLY** For adults adjusting to life after the death of one or both parents

Second Monday of the month  
6:30 to 7:30 p.m.

**Judy Beckman**  
jbeckman@hospicewr.org  
440.414.1731

#### Millennial Grief

**MONTHLY** For adults ages 24 – 39 grieving the death of a parent or parent figure

Second Wednesday of the month  
6 to 7:30 p.m.

**Kelly DiTurno**  
kditurno@hospicewr.org  
440.414.1737

#### Child Loss

*Virtual and in-person attendance available.*

**MONTHLY** Parents who have experienced the death of a child age 20 or younger are invited to join us for an opportunity to find support and feel community with others who experienced similar losses

Third Wednesday of the month  
6 to 7 p.m.

**Jonathan Cahill**  
jcahill@hospicewr.org  
216.389.0704

#### Healing the Heart

**MONTHLY** Grief after an overdose death

First Tuesday of the month  
6 to 7:30 p.m.

**Shawn Eigenbrode**  
seigenbrode@hospicewr.org  
216.486.6364

#### New Journey

**MONTHLY** For adults of any age who have experienced the death of a spouse, partner or significant other

First Wednesday of the month  
6 to 7:30 p.m.

**Vanessa Smylie**  
vsmylie@hospicewr.org  
216.763.6441

OR

Third Wednesday of the month  
1 to 2 p.m.

**JoDee Coulter**  
jcoulter@hospicewr.org  
330.662.4240

#### Women's Group

**MONTHLY** A workshop for women who have lost their partner, significant other or spouse

Second Tuesday of the month  
6:30 to 7:30 p.m.

**Judy Beckman**  
jbeckman@hospicewr.org  
440.414.1731



# HOSPICE OF THE WESTERN RESERVE

**THE ELISABETH SEVERANCE PRENTISS BEREAVEMENT CENTER**  
300 East 185th Street  
Cleveland, OH 44119-1330  
216.486.6838

**THE ROBERTSON BEREAVEMENT CENTER**  
5075 Windfall Road  
Medina, OH 44256  
330.725.1900

**AMES FAMILY HOSPICE HOUSE**  
30080 Hospice Way  
Westlake, OH 44145-1077  
440.414.7349 or 835.281.5727

**ASHTABULA OFFICE**  
1166 Lake Avenue  
Ashtabula, OH 44004-2930  
440.997.6619

**DAVID SIMPSON HOSPICE HOUSE AND LAKESHORE CAMPUS**  
300 East 185th Street  
Cleveland, OH 44119-1330  
216.383.2222 or 800.707.8922

**EAST CAMPUS**  
34900 Chardon Road, Suite 105  
Willoughby Hills, OH 44094  
440.951.8692

**HEADQUARTERS**  
17876 St. Clair Avenue  
Cleveland, OH 44110  
216.383.2222 or 800.707.8922

**LORAIN COUNTY OFFICE**  
2173 N. Ridge Road E., Suite H  
Lorain, OH 44055-3400  
440.787.2080

**HMC HOSPICE OF MEDINA COUNTY**  
5075 Windfall Road  
Medina, OH 44256  
330.722.4771

**WEST CAMPUS**  
22730 Fairview Center Drive  
Fairview Park, OH 44126  
216.227.9048

## COVID-19 Loss

**MONTHLY** This group is for adults who have experienced the death of a loved one from COVID-19 and who have previously attended a COVID-19 Loss or Circle of Hope series.

First Tuesday of the month  
6 to 7:30 p.m.

**Susan Hamme**  
shamme@hospicewr.org  
440.596.3582

## Grief 101

This one-hour class is for those who have experienced the death of a loved one in the past six months. Learn about signs and symptoms of grief as well as helpful strategies. Registration is required.

Wednesday, October 13  
3 to 4 p.m.  
Register by October 8

**Lisa Florjancic**  
lflorjancic@hospicewr.org  
440.853.5365

## IN-PERSON SUPPORT GROUPS

### Child Loss

**MONTHLY** Parents who have experienced the death of a child age 20 or younger are invited to join us for an opportunity to find support and feel community with others who have experienced similar losses. Virtual attendance is also available.

**Lakeshore Campus**  
Third Wednesday of the month  
6 to 7 p.m.

**Jonathan Cahill**  
jcahill@hospicewr.org  
216.389.0704

### Circle of Hope Series

An educational support group for adults who have had a loved one die. Please call the facilitator listed below for more information. Registration is required no later than a week prior to start date.

**The Robertson Bereavement Center**  
Thursdays, October 14 to November 18  
6 to 7:30 p.m.

**JoDee Coulter**  
jcoulter@hospicewr.org  
330.662.4240

OR

**West Campus**  
Wednesdays, September 29 to November 3  
6:30 to 8 p.m.

**Judy Beckman**  
jbeckman@hospicewr.org  
440.414.1731

## Grief vs. Depression

Many normal grief reactions may seem like characteristics of depression, but grief and depression are very different. This one-hour class will discuss the differences between normal grief and depression, as well as characteristics and causes of complicated grief.

Tuesday, October 19  
6 to 7 p.m.

**Laurie Mason**  
lmason@hospicewr.org  
440.787.2099



### Grief 101

This one-hour class is for those who have experienced the death of a loved one in the past six months. Learn about signs and symptoms of grief as well as helpful strategies. Registration is required.

**East Campus**  
Wednesday, September 15  
6:30 to 7:30 p.m.  
Register by September 10

**Lisa Florjancic**  
lflorjancic@hospicewr.org  
440.853.5365

### Kids Hope

A grief group for children 6-12 years old who have experienced a death in the last year.

**The Elisabeth Severance Prentiss Bereavement Center**  
Thursday, October 14  
6 to 7 p.m.  
Register by October 11

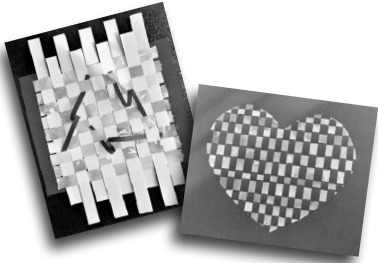
**Jocelyn Boyd**  
jboyd@hospicewr.org  
216.486.6331

# Healing Arts Workshops FALL 2021

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to the community. No art experience is necessary. *Please note that some workshops will be offered virtually and some in person.* Check the details of each workshop for virtual or in-person format.

There is a suggested \$5 donation for supplies. If you wish to make a donation to the Western Reserve Grief Services, go to [hospicewr.org](http://hospicewr.org) and click "Donate Now" to find out how.

For information or to register, contact Mollie Borgione at **216.486.6544** or [mborgione@hospicewr.org](mailto:mborgione@hospicewr.org) no later than two weeks in advance of a virtual workshop start date and one week in advance of an in-person workshop start date.



## WEAVING HOPE

Life is often described as a tapestry, the various threads weaving in and out just as people enter into our lives for a time, and then are gone. Participants will express their feelings with watercolors, cut the piece into strips, then weave them into a background. Yarn, ribbon or decorative string may also be incorporated into the piece.

**VIRTUAL**

Wednesdays, October 13 and 20  
6 to 7:30 p.m.

**IN PERSON**

**The Elisabeth Severance Prentiss Bereavement Center**

Thursdays, October 14 and 21  
6:30 to 8 p.m.

OR

**West Campus**

Tuesdays, October 19 and 26  
6:30 to 8 p.m.

## CIRCLE OF HOPE: ART THERAPY EDITION

A six-week art and educational support class for adults who have had a loved one die.

**VIRTUAL**

Wednesdays,  
October 20 –  
November 24  
10 to 11:30 a.m.



## KIDS ART: SMALL BOOKS, BIG STORIES

The loss of a loved one can be a big story in the life of a child. In this virtual workshop, kids can make a small book to remember the times spent with their loved one. Photos, notes and other two-dimensional items can also be incorporated.

*For kids age 6 and older. Please ensure that an adult is available in the home for the duration of this workshop.*

**VIRTUAL**

Tuesdays, November 2 and 9  
6 to 7:30 p.m.



## ART FOR RELAXATION: GRATITUDE BOWLS

November is our traditional month for giving thanks. At this workshop, fashion and paint an air-dry clay bowl in which you can place little notes of gratitude, prayers or memories for the gifts you have been given.

**VIRTUAL**

Wednesdays, November 10 and 17  
6 to 7:30 pm

**IN PERSON**

**The Elisabeth Severance Prentiss Bereavement Center**

Thursdays, November 11 and 18,  
6:30 to 8 p.m.

OR

**West Campus**

Tuesdays, November 16 and 23  
6:30 to 8 p.m.



## FABRIC AND FEELINGS

A monthly group where participants gather with others who are grieving and create all things fabric, sharing both their grief experiences and fabric arts knowledge with each other. Attendees can create lasting memories of their loved one using pieces of their clothing, or make pillows, quilts, crochet, knit, etc. No sewing expertise necessary. *Registration is required.*

**IN PERSON**

**The Elisabeth Severance Prentiss Bereavement Center**

Third Thursday of each month  
2 to 4 p.m.

## SAVE THE DATE

### HOLIDAY FAMILY NIGHT: ONE OF A KIND

It is said that no two snowflakes are alike, just as there will never be anyone exactly like your loved one. What made your loved one unique? Bring family members or come by yourself to join us in making snowflakes to usher in winter.

**IN PERSON**

**The Elisabeth Severance Prentiss Bereavement Center**  
Thursday, December 9, 6:30 to 8:30 p.m.

OR

**West Campus**

Tuesday, December 14, 6:30 to 8:30 p.m.

