

# Support Groups

WINTER 2020-2021

## Community Support Groups and Activities

Please note that at the time of this printing, all support groups will be offered virtually via Microsoft Teams. Registration is required for all groups, and the number of participants is limited. Please call or email the group facilitator for more information or to register. Once registered, you will receive an email invitation that includes a link that will allow you to join the group at the designated time.

Virtual groups can provide a valuable source of support during the pandemic. 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

Unless otherwise noted, our support groups are open to anyone who has had a loved one die. Groups are subject to change. Please call or email the facilitator for more information or to register for a group. *Registration is limited.*

### Circle of Hope

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

Tuesdays, January 5 to 26, 2021  
10 to 11:30 a.m.

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

Mondays, February 1 to 22, 2021  
1 to 2 p.m.

**Tensie Holland**  
tholland@hospicewr.org  
216.383.3741

### Hope and Healing

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

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

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

Third Wednesday of the month  
1 to 2:30 p.m.

**Mary Murphy**  
mmurphy@hospicewr.org  
216.763.6442

### Healing the Heart

Grief after an overdose death

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

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

### Parents Together

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

Second Wednesday of the month  
2:30 to 4 p.m.

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

### Parent Loss

**MONTHLY** A support group 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



**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



### Child Loss

**MONTHLY** Parents who have experienced the death of a child aged 18 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  
2 to 3 p.m.

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

### 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

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

### After the Holidays: Coping with Grief

This one-hour class offers support and suggestions for moving forward in your grief after the holiday season.

Thursday, January 14, 2021  
3 to 4 p.m.

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

### 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.

Thursday, February 11, 2021  
3:30 to 4:30 pm

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

### Grief During a Pandemic

Join us as we discuss how the COVID-19 pandemic impacts grief, as well as suggestions for connecting and memorializing during a time of continued social distancing. For adults who have experienced the death of a loved one within the past year.

Tuesday, February 9, 2021  
6 p.m.

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

# VIRTUAL Healing Arts Workshops WINTER 2020-2021



We use the Microsoft Teams platform, which is similar to Zoom. Registered participants will receive an email invitation that provides a link to join the workshop at the designated time. Each workshop consists of two sessions, a week apart. At the first session, a theme or topic is introduced, and we have a discussion. Then you will be given instructions on the art assignment and the required basic supplies will be shipped to you. Complete your art assignment during the week, then join us for the second session to share and talk about your art. The supplies will be new and yours to keep.

We have waived our suggested donation for supplies during the pandemic; however, if you wish to make a donation to the Healing Arts Program, go to [hospicewr.org](http://hospicewr.org) and click "Giving Back" to find out how.

Call Mollie Borgione at **216.486.6544** or email at [mborgione@hospicewr.org](mailto:mborgione@hospicewr.org) to register no later than two weeks before the workshop date.



## PAINTING THE LIGHT

We have darker, shorter days at this time of year, but we look forward to the increase in light day by day. When we have experienced the death of a loved one, it is sometimes hard to emerge from the darkness of grief and look to the light of hope. How would you paint that light? Will you paint the sun, the moon, a campfire, a candle?

Thursdays, January 14 and 21, 2021  
6 to 7:30 p.m.

Tuesdays, January 19 and 26, 2021  
6 to 7:30 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.

Wednesdays: January 20 –  
February 24, 2021  
10 a.m. to 11:30 a.m.



## KIDS ART: HEART HUGS

After a special person dies, the absence of their physical presence is one of the most difficult adjustments for kids to make. Sometimes, it's helpful to have something you can hold onto in your grief. Participants will make a huggable heart-shaped pillow from fleece to remember their loved one. Fabric from a piece of your loved one's clothing may be incorporated. Ages 6+. Kids are invited to have a family member in attendance.

Tuesdays, February 2 and 9, 2021  
6 to 7:30 p.m.



## ALWAYS IN MY HEART

At this time of year, missing a loved one is especially difficult. During this workshop, participants will paint and decorate a paper clay heart which can be worn as a pin. A small photo can be incorporated into the pin.

Thursdays, February 11 and 18, 2021  
6 to 7:30 p.m.

Tuesdays, February 16 and 23, 2021  
6 to 7:30 p.m.

### SAVE THE DATE

## ART FOR RELAXATION: KIRIGAMI

Kirigami is a variation on Origami, the Japanese art of paper-folding. Kirigami involves cutting concentric paper circles in interesting ways, then curling and manipulating the paper and the cut-out parts to make an intricate 3-D paper sculpture. It looks complicated, but is simple to make. We will focus on the creative process.

Thursdays, March 11 and 18, 2021  
6 to 7:30 p.m.

Tuesdays, March 16 and 23, 2021  
6 to 7:30 p.m.

