Fall 2020

**Community Support Groups and Activities**

Please note that at the time of this printing, all in-person groups have been postponed or cancelled. Please contact us for more information at 216.486.6838. If you are interested in a virtual group email us at thebereavementcenter@hospicewr.org.

Virtual grief support groups can provide valuable 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

**Bereavement Support Groups**

Unless otherwise noted, our support groups are open to anyone who has had a loved one die. Groups are subject to change.

**Virtual Support Groups**

For virtual groups, please email thebereavementcenter@hospicewr.org to give your name, phone number, email address and the group you are interested in. You will be contacted by the facilitator. Registration is limited.

**Parents Together**

**MONTHLY**

For parents who have experienced the death of an adult child

**Shawn Eigenbrode**

Second Wednesday of the month

2:30 to 4 p.m.

**Parent Loss**

**MONTHLY**

A support group for adults adjusting to life after the death of one or both parents.

**Judy Beckman**

Second Monday of the month

(starting on July 13)

6:30 to 7:30 p.m.

**Healing the Heart**

**MONTHLY**

Grief after an overdose death

**Shawn Eigenbrode**

First Tuesday of the month

6 to 7:30 p.m.

**New Journey**

**MONTHLY**

For adults of any age who have experienced the death of a spouse/partner

**Vanessa Smylie**

First Wednesday of the month

6 to 7:30 p.m.

**Women’s Group**

**MONTHLY**

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

**Judy Beckman**

Second Tuesday of the month

6:30 to 7:30 p.m.

**Hope and Healing**

**MONTHLY**

An ongoing monthly support group for grieving adults.

**Susan Hamme**

Second Monday of the month

6:30 to 7:30 p.m.

**Mary Murphy**

Third Wednesday of the month

1 to 2:30 p.m.

**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.

**Lisa Florjancic**

Thursday, October 8

3:30 to 4:30 p.m.
In-Person Support Groups

Call to verify time, location and in-person or virtual status.

Circle of Hope: Art Therapy

**SERIES** An educational support group for adults who have had a loved one die.

*The Elisabeth Severance Prentiss Bereavement Center*

**Wednesdays**

October 21 to December 2

(Skipping the day before Thanksgiving)

10 a.m. to noon

Mollie Borgione 216.486.6544 or mborgione@hospicewr.org.

Parents Together

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

*Lakeshore Campus*

Second Wednesday of the month

2:30 to 4 p.m.

Shawn Eigenbrode 216.486.6364

The Aftermath: Grief & the Conflicted Relationship

**SERIES** This four-week series explores the feelings of grief due to a conflicted relationship.

*Lakeshore Campus*

Mondays, October 5 – 26

6 to 7:30 p.m.

Please register by October 1.

Tensie Holland 216.383.3741

New Journey

**MONTHLY** A monthly support group for adults of any age who have experienced the death of a spouse, partner or significant other.

*Ashtabula Office*

First Thursday of the month

11 a.m. to 12:30 p.m.

Susan Hamme 440.596.3582

Healing the Heart

**MONTHLY** Grief after an overdose death.

Please call to register.

*East Campus*

First Tuesday of the month

6 to 7:30 p.m.

Shawn Eigenbrode 216.486.6364 or seigenbrode@hospicewr.org
Healing Arts Workshops  FALL 2020

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 call Mollie Borgione at 216.486.6544 or email her at mborgione@hospicewr.org to register no later than four days in advance of workshop date. Suggested $5 donation for supplies.

**GRATITUDE FLAGS**
Prayer flags are hung high outdoors all over Tibet, Nepal and India. They are hung to send out blessings and wishes to the world. The traditional Tibetan belief is that the prayers of a flag become a permanent part of the universe as they are weathered by rain, snow and sun. In this workshop, you will decorate a string of flags to send out your gratitude and appreciation for your loved one’s life into the world.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, September 10
6:30 to 8:30 p.m.

West Campus
Tuesday, September 22
6:30 to 8:30 p.m.

Christ Episcopal Church
3445 Warrensville Center Rd., Shaker Heights
Wednesday, September 23
6 to 8 p.m.

Please note the time.

**ART FOR RELAXATION: RELAX-O-DOODLES**
Doodling is usually done while your mind is concentrating on something else like talking on the phone or daydreaming. In this workshop, you will create a “conscious” doodle as a meditative practice to give your mind a rest from your grief.

Christ Episcopal Church
3445 Warrensville Center Rd., Shaker Heights
Wednesday, October 14
6 to 8 p.m.

Please note the time.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, October 15
6:30 to 8:30 p.m.

West Campus
Tuesday, October 20
6:30 to 8:30 p.m.

**KIDS ART: MY ROCK**
Was your loved one the rock in your life? At this workshop, you can decorate a rock with paint, images or words in memory of your loved one. You may bring a large flat unpolished rock (about the size of your hand or smaller) or pick one when you get to the workshop.

Ages 6+. Kids are invited to bring family members along for this workshop.

West Campus
Tuesday, October 27
6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Tuesday, November 10
6:30 to 8:30 p.m.

**GRATITUDE BOWLS**
November is our traditional month for giving thanks. At this workshop, shape and decorate an air-dry clay bowl in which you can place notes of gratitude for the gifts given to you by your loved one.

Christ Episcopal Church
3445 Warrensville Center Road, Shaker Heights
Wednesday, November 11, 6:00 to 8:00 p.m.

Please note the time.

West Campus
Tuesday, November 17, 6:30 to 8:30 p.m.

The Elisabeth Severance Prentiss Bereavement Center
Thursday, November 19, 6:30 to 8:30 p.m.

**FABRIC AND FEELINGS**
WEEKLY A 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 to 4 p.m.