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

Community Support Groups and Activities

All groups require advance registration, and the number of participants is limited. Participants of in-person groups will be asked to maintain distance within the meeting space and to refrain from attending if you are not feeling well. 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 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

Circle of Hope \textbf{IN PERSON}

\textbf{SERIES} An educational grief support group. Registration required no later than a week prior to start date.

\textbf{Lakeshore Campus} Wednesdays, September 21 to October 12 6:30 to 8 p.m.

\textbf{Hannah Adams} hadams@hospicewr.org 216.383.3761

Hope and Healing \textbf{IN PERSON}

\textbf{MONTHLY} An ongoing monthly support group for older adults grieving the loss of a loved one.

Thursdays, September 15, October 20, November 17
10 to 11 a.m.

\textbf{Grafton-Midview Public Library}
983 Main Street, Grafton, OH 44044
Call to register 440.926.3317

Parents Together \textbf{IN PERSON}

\textbf{MONTHLY} A group for parents who have experienced the death of an adult child.

\textbf{Lakeshore Campus} Second Tuesday of the month 6 to 7:30 p.m.

\textbf{Elisha Evanko} eevanko@hospicewr.org 440.414.1731

Parent Loss \textbf{MONTHLY} A virtual support group for adults adjusting to life after the death of one or both parents.

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

\textbf{Susan Hamme} shamme@hospicewr.org 440.596.3582

Millennial Grief \textbf{MONTHLY} A virtual support group for adults ages 25 to 40 grieving the death of a parent or parent figure.

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

\textbf{Kelly DiTurno} kditurno@hospicewr.org 440.414.1737

Overdose Loss \textbf{MONTHLY} A virtual group for adults managing grief after an overdose death.

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

\textbf{Elisha Evanko} eevanko@hospicewr.org 440.414.1731

Spousal/Partner Loss

New Journey \textbf{MONTHLY} A virtual support group 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.

\textbf{Vanessa Smylie} vsmylie@hospicewr.org 216.763.6441

OR

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

\textbf{JoDee Coulter} jcoulter@hospicewr.org 330.662.4240

Horizons \textbf{IN PERSON} For older adults who have experienced the death of a spouse, partner or significant other.

\textbf{Lakeshore Campus} Third Thursday of the month 10:30 a.m. to noon

\textbf{Carrie Johnson} cjohnson@hospicewr.org 216.486.6331
COVID-19 Loss

MONTHLY A virtual group for adults who have experienced the death of a loved one due to COVID-19. Prior completion of a COVID loss or Circle of Hope series is encouraged but not required.

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

Susan Hamme
shamme@hospicewr.org
440.596.3582

Year of Firsts

MONTHLY This virtual group for adults will provide a space to prepare for and process important “firsts” after a death – from your first trip to the store to birthdays, holidays, anniversaries and more. Registration required no later than a week prior to group date.

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

Kelly DiTurno
kditurno@hospicewr.org
440.414.1737

Aliento a Tu Duelo EN PERSONA (Encouragement To Your Grief)

MENSUAL Grupo mensual de apoyo en Español para adultos que han vivido la muerte de un ser querido. Es necesario registrarse antes de cada grupo. Por favor, llamar o enviar un email al facilitador de el grupo.

West Campus
Segundo jueves del mes
6 para 7 p.m.

Karelys Ortiz Santiago
kortizsantiago@hospicewr.org
440.414.1740

Grief 101

This one-hour class is for adults 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 required no later than four days prior to the group.

East Campus IN PERSON
Thursday, September 22
6 to 7 p.m.

OR

East Campus IN PERSON
Thursday, October 13
11 a.m. to noon

OR

Virtual
Thursday, November 10
6 to 7 p.m.

Lisa Florjancic
lflorjancic@hospicewr.org
440.853.5365

Grief and the Holidays (for families) IN PERSON

Join us for an evening to remember and honor our loved ones during the holiday season. Light refreshments will be provided. Registration required no later than one week prior to the event.

The Robertson Bereavement Center
Wednesday, December 7
6 to 7:30 p.m.

JoDee Coulter
jcoulter@hospicewr.org
330.662.4240
OR

Ashtabula office
Tuesday, December 13
6 to 7:30 p.m.

Susan Hamme
shamme@hospicewr.org
440.596.3582

Holiday Events

Coping with Grief During the Holidays IN PERSON

A supportive discussion for adults facing the holidays after a death.

Lakeshore Campus
Wednesday, November 16
6:30 to 8 p.m.

Register by November 14

Carrie Johnson
cjohnson@hospicewr.org
216.486.6531

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shamme@hospicewr.org
440.596.3582
Healing Arts Workshops FALL 2022

Healing Arts Workshops provide grieving people with a creative outlet for their grief and are open to the community. No art experience is necessary. **WORKSHOPS WILL BE OFFERED IN BOTH VIRTUAL AND IN-PERSON FORMATS.**

For virtual groups - once registered, you will receive an email invitation that includes a link to join via Microsoft Teams at the time of the group. Each virtual workshop consists of two to six weekly sessions, a week apart. Discussion of the theme and instructions will be provided at the first session. You will complete your artwork during the week for you to share and discuss during the following session. You will be provided with art supplies that are new and yours to keep.

There is a suggested $5.00 donation for supplies. If you wish to help allay supply and shipping costs, you may donate to the Healing Arts Program at the in-person workshops or go to [hospicewr.org](http://hospicewr.org) and click on Donate Now.

Call Mollie Borgione at 216.486.6544 or email mborgione@hospicewr.org to register 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.

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**PET GRIEF: GARDEN MEMORY STONE**

Our companion animals play important roles in our lives. When they die, our grief is often intense. In this two-session workshop, participants will have the opportunity to share memories of their beloved pets and create a garden stone to honor them.

**VIRTUAL**

Both Tuesdays: November 1 and 8
6:30 to 8 p.m.

**IN PERSON**

West Campus
Both Tuesdays: November 1 and 8
6:30 to 8 p.m.

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**ART FOR RELAXATION: MINING FOR IMAGES**

Watercolors on wet paper naturally run and spread, blending into each other, and creating unintended patterns. Just as one might see images in cloud formations, attendees will see what they can find as they “mine for images” in their watercolors.

**VIRTUAL**

Both Wednesdays: October 12 and 19
6 to 7:30 p.m.

**IN PERSON**

West Campus
One night only: Tuesday, October 18
6:30 to 8:30 p.m.

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**GIVING HAND, GRATIFYING HAND**

Our hands give and receive. Our hands cared for our loved ones and received back their love and gratitude. Make an air-dry clay tracing of your own hands and paint them to represent what you give and what you receive.

**VIRTUAL**

Both Wednesdays: November 9 and 16
6 to 7:30 p.m.

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**CIRCLE OF HOPE: ART THERAPY EDITION**

A six-week art and educational support group for adults who have experienced the death of a loved one.

**VIRTUAL**

Tuesdays,
October 18 to November 22
10 to 11:30 a.m.

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**FABRIC AND FEELINGS**

A monthly group where participants come to 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 the month, 2 to 4 p.m.