

Support Groups

FALL 2020

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

Vanessa Smylie

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

JoDee Coulter

Third Wednesday of the month
1 to 2 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.

**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
 440.951.8695

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



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



Circle of Hope: Art
 Therapy Edition

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



Gratitude Flags



Relax-O-Doodles

Gratitude Bowls



Kids Art:
My Rock



Giving Hand,
Grateful Hand



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.

VIRTUAL WORKSHOP: GIVING HAND, GRATEFUL HAND

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

NOTE: This two-session workshop is on Microsoft Teams, an audio/visual platform. Art supplies will be shipped to your home. *Reservations for this workshop must be made by September 21st.*

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

📞 Mollie Borgione 216.486.6544 or
mborgione@hospicewr.org

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.



Fabric and Feelings