Support Groups

WESTERN RESERVE GRIEF SERVICES

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
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
llflorjancic@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
jccoulter@hospicewr.org
330.662.4240

OR

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

Jocelyn Boyd
jboyd@hospicewr.org
216.486.6331

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
lrmason@hospicewr.org
440.787.2099

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
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.

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.

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.

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.