

Support Groups

SPRING 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 for more information. Registration is required no later than a week prior to start date.*

4-week series
Tuesdays, April 6 to April 27
10 to 11:30 a.m.

Susan Hamme
shamme@hospicewr.org
440.596.3582

6-week series
Thursdays, March 18 to April 22
6 to 7:30 p.m.

JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

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

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 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.

Mary Murphy
mmurphy@hospicewr.org
216.763.6442

Child Loss

MONTHLY Parents who have experienced the death of a child aged 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.or.org
216.389.0704



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

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

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

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.

Wednesday, March 31
3:30 to 4:30 pm

Lisa Florjancic
lflorjancic@hospicewr.org
440.853.5365

COVID-19 Loss

A three-week series for adults who have experienced the death of a loved one due to COVID-19

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

Susan Hamme
shamme@hospicewr.org
440.596.3582

Grief During a Pandemic

Join us for a discussion of the impact of the pandemic on 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, May 4
6 to 7 p.m.

Laurie Mason
lmason@hospicewr.org
440.787.2099

Veteran Grief/Equine Group

A two-part group for veterans who have experienced the death of a loved one within the past two years. This program is offered in partnership with Fieldstone Farm Therapeutic Riding Center. *Space is limited and registration is required. At the time of this printing, we expect this event to be held in person.*

Wednesday, June 9 and 16
1 to 3:30 pm

Fieldstone Farm Therapeutic Riding Center
16497 Snyder Road, Chagrin Falls

Vanessa Smylie
vsmylie@hospicewr.org
216.763.6441

Kids Hope

MONTHLY A grief group for children 8-12 years old who have experienced a death in the last year

Items needed for each group: paper, pens, markers and crayons.

Second Tuesday of the month
4 to 5 p.m.

Lydia Amoa-Owusu
lamoawusu@hospicewr.org
216.486.6287

VIRTUAL Healing Arts Workshops SPRING 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 and click "Giving Back" to find out how.

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



BEFORE AND AFTER

Life is forever changed after the death of a loved one. The art technique sgraffito used in ceramics, paintings and glass work illustrates this meaningfully. It comes from the Italian word "sgraffir" which means "to scratch." Participants will first do an oil pastel drawing or design that represents life as it was before their loved one died. After covering that drawing with black paint, they will scratch into it another drawing representing life after their loved one's death.

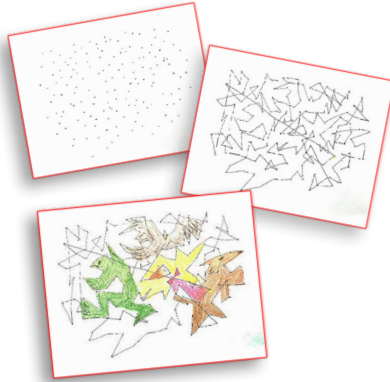
Thursdays, April 8 and 15
6 to 7:30pm

Tuesdays, April 13 and 20
6 to 7:30pm

CIRCLE OF HOPE: ART THERAPY EDITION

A six-week art and educational support class for adults who have had a loved one die.

Wednesdays, April 21
- May 26
10 to 11:30 a.m.



KIDS ART: DOT TO DOT

Kids love connecting the dots to see what kind of picture it will become! In this workshop, participants will draw random dots, connect them, find images within the drawing then tell a story about it. Automatic drawing and storytelling help release the emotions of grief without focusing on it. Ages 6+. Kids are required to have an adult family member in attendance for this workshop.

Tuesdays, April 27 and May 4
6 to 7:30 p.m.



WHO AM I NOW?

"That drawing looks as if you couldn't see what you were doing" you say? Well, you're right. It's called a blind contour drawing because you don't look at the paper, you only look at the subject. Have you looked at yourself in the mirror since your loved one died and asked, "Who am I now?" This drawing workshop is designed to help you identify your strengths as you navigate a life without your loved one.

Thursdays, May 13 and 20
6 to 7:30 p.m.

Tuesdays, May 18 and 25
6 to 7:30 p.m.



LGBTQART THERAPY EVENT: HOME IS WHERE THE HEART IS

Home is where we feel comfortable in ourselves, loved and emotionally supported. In the past, we may have needed to reinvent home and choose a new family. The death of a partner, spouse or other family member or friend may begin another reimagining of home and family. What will they look like?

This event is for members of the Lesbian, Gay, Bisexual, Transgender, Queer community who have experienced a loved one's death.

Wednesdays, June 2 and 9
6 to 7:30pm

SAVE THE DATE

ART FOR RELAXATION: MY PERSONAL SYMBOL

Could you sum up your strengths, talents, dreams, or personality in a word? How about a symbol? (Think of the multi-media artist, Prince.) After surviving the challenges of 2020 and finding your way through the grief of losing a loved one, how would you envision your symbol? What would help you on your road to healing?

Thursdays, June 10 and 17, 6 to 7:30pm
Tuesdays, June 15 and 22, 6 to 7:30pm

