

Support Groups

SUMMER 2021

Community Support Groups and Activities

Except where noted, most 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 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

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 required.*

Hope and Healing

MONTHLY An ongoing monthly support group for grieving adults

First Monday of the month
6:30 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.

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.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



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

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 (Series)

SERIES 3-week series for adults who have experienced the death of a loved one due to COVID-19.

Tuesdays, June 22 to July 6
6 to 7:30 p.m.

**Held in collaboration with the Geauga
County Public Library**
[https://geaugalibrary.libcal.com/
event/7613673](https://geaugalibrary.libcal.com/event/7613673)

OR

Thursdays, July 8 to July 22
6 to 7:30 p.m.

Lisa Florjancic
lflorjancic@hospicewr.org
440.853.5365

OR

Mondays, August 16 to August 30
10:30 a.m. – noon

Kelly DiTurno
kditurno@hospicewr.org

COVID-19 Loss (Monthly)

MONTHLY This monthly 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

The Memory Box

*Activity for children as part of The Madison
Public Library summer programming*

Children will be given a memory box to decorate and hear the story "The Memory Box" by Joanna Rowland. Children will be invited to share memories of the special people in their lives they may be missing. Each child will take home their own memory box and a copy of the book. This event will be held in person. COVID-19 safety guidelines will be followed. Registration is required and space is limited. *Contact Madison Public Library at 440.428.2189 for more information.*

Thursday June 24, 12:30 p.m.
Madison Public Library
6111 Middle Ridge Rd.
Madison, OH 44057

Coloring for Comfort

Using grief-themed coloring pages, this group for adults will focus on coloring for comfort and relaxation. This group will be held in person. COVID-19 safety guidelines will be followed. Registration is required and space is limited.

Lakeshore Campus

Thursday, August 5
6 to 7:30 p.m.

Hannah Adams
hadams@hospicewr.org
216.383.3741



VIRTUAL Healing Arts Workshops SUMMER 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.



GRIEF MAP

What does your grief journey look like? Looking at the losses of loved ones in a visual way can sometimes reveal previously hidden insights about grief's effects on your life. Using symbols, colors and representative drawings, participants will be invited to depict their journey of loss.

Thursdays, July 8 and 15
6 to 7:30pm
Tuesdays, July 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, July 14 –
August 18
10 to 11:30 a.m.



KIDS ART: PUTTING THE MEMORIES BACK TOGETHER

We all have lots of memories of time spent with our loved ones. They are like a jigsaw puzzle that we put back together in our hearts so we remember them. Participants will each be given pre-cut pieces to decorate with memories, then they will put the pieces back together to make a meaningful shape. Ages 6+. Kids are required to have an adult family member in attendance for this workshop.

Wednesdays, July 28 and
August 4
6 to 7:30 p.m.



ART FOR RELAXATION: LANDSCAPES OF THE HEART

Painting a natural landscape can sometimes help reveal your emotional landscape. Is there a certain landscape that conveys your mood and feelings? Paint from a stock photograph, use one of your own or just paint how the landscape of your heart feels.

Thursdays, August 12 and 19
6 to 7:30 p.m.
Tuesdays, August 17 and 24
6 to 7:30 p.m.



WORDS AND SNAPSHOTS: PHOTOGRAPHY AND JOURNALING GRIEF SERIES

This four-week series is for those who desire a more introspective way to convey their feelings of grief for their loved one through digital photography and writing. Participants will need their mobile phone or another digital camera to take photos and the ability to either screen share the photos on Microsoft Teams or email them. *Space is limited, so register early.*

Wednesdays, September 1 – 22
10 to 11:30pm

SAVE THE DATE

POETRY COLLAGE

Cinquains are structured five-line poems. Instructions come with each line, so anyone can write one! Create a collage that celebrates your loved one's life and incorporates the cinquain you write about them

Thursdays, September 9 and 16, 6 to 7:30pm
Tuesdays, September 14 and 21, 6 to 7:30pm

