Support Groups

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

Except where noted, support groups will continue to be offered in a virtual format. 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 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 Series
**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.

Thursdays, February 10 to March 17
6 to 7 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 to 7:30 p.m.
Kelly DiTurno
kditurno@hospicewr.org
440.414.1737

OR

**IN PERSON**

For older adults
Fourth Thursday of the month
Starting January 4, 2022
10 to 11 a.m.
Grafton-Midview Public Library
983 Main Street, Grafton, OH 44044
Call to register 440.926.3317

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** A support group 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.
Susan Hamme
shamme@hospicewr.org
440.596.3582

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
**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 have experienced similar losses. When possible, this group will be offered in a combined virtual and in-person format. Please contact Jonathan for in-person details.

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 Tuesday of the month
6 to 7 p.m.
JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

COVID-19 Loss
MONTHLY 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 Tuesday of the month
6 to 7:30 p.m.
Susan Hamme
shamme@hospicewr.org
440.596.3582

Grief 101
This one-hour virtual 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.
In collaboration with Geauga County Public Library
February 17, 6:30 to 7:30 p.m.
To register, call Erika Noark at Geauga County Public Library
440.729.4250, ext. 2576

After the Holidays: Coping with Grief
This one-hour class offers support and suggestions for moving forward in your grief after the holiday season.
Tuesday, January 11, 2022
6 to 7 p.m.
Register by Friday, January 7, 2022
Lisa Florjancic
lflorjancic@hospicewr.org
440.853.5365
BEACON OF 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.

Thursdays, January 13 and 20 6 to 7:30 p.m.
OR
Tuesdays, January 18 and 25 6 to 7:30 p.m.

HEART HUGS
One of the difficulties that the death of a special person brings is the absence of their physical presence. Sometimes it’s helpful to have something you can hold onto in your grief. Participants will make a huggable heart-shaped pillow from fleece to remember their loved one. Fabric from your loved one’s clothing may also be incorporated.

Thursdays, February 10 and 17 6 to 7:30 p.m.
OR
Tuesdays, February 15 and 22 6 to 7:30 p.m.

CIRCLE OF HOPE: ART THERAPY EDITION
A six-week virtual art and educational support group for adults who have experienced the death of a loved one.

Wednesdays: January 19 - February 23, 2022
10 to 11:30 a.m.
Mollie Borgione
mborgione@hospicewr.org
216.486.6544

SAVE THE DATE