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

Tuesdays, January 5 to 26, 2021
10 to 11:30 a.m.

**Susan Hamme**
shamme@hospicewr.org
440.596.3582

Mondays, February 1 to 22, 2021
1 to 2 p.m.

**Tensie Holland**
tholland@hospicewr.org
216.383.3741

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

Third Wednesday of the month
1 to 2:30 p.m.

**Mary Murphy**
mmurphy@hospicewr.org
216.763.6442

Healing the Heart

Grief after an overdose death

First Tuesday of the month
6 to 7 p.m.

**Shawn Eigenbrode**
seigenbrode@hospicewr.org
216.486.6364

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** 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.

**Judy Beckman**
jbeckman@hospicewr.org
440.414.1731
Child Loss  
**MONTHLY** Parents who have experienced the death of a child aged 18 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  
2 to 3 p.m.  
**Jonathan Cahill**  
jcahill@hospicewr.or.org

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**After the Holidays: Coping with Grief**  
This one-hour class offers support and suggestions for moving forward in your grief after the holiday season.

Thursday, January 14, 2021  
3 to 4 p.m.  
**Lisa Florjancic**  
lflorjancic@hospicewr.org  
440.853.5365

**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.

Thursday, February 11, 2021  
3:30 to 4:30 pm  
**Lisa Florjancic**  
lflorjancic@hospicewr.org  
440.853.5365

**Grief During a Pandemic**  
Join us as we discuss how the COVID-19 pandemic impacts 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, February 9, 2021  
6 p.m.  
**Laurie Mason**  
lmason@hospicewr.org  
440.787.2099
PAINTING THE LIGHT

We have darker, shorter days at this time of year, but we look forward to the increase in light day by day. When we have experienced the death of a loved one, it is sometimes hard to emerge from the darkness of grief and look to the light of hope. How would you paint that light? Will you paint the sun, the moon, a campfire, a candle?

Thursdays, January 14 and 21, 2021
6 to 7:30 p.m.

Tuesdays, January 19 and 26, 2021
6 to 7:30 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.

Wednesdays: January 20 – February 24, 2021
10 a.m. to 11:30 a.m.

KIDS ART: HEART HUGS

After a special person dies, the absence of their physical presence is one of the most difficult adjustments for kids to make. 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 a piece of your loved one’s clothing may be incorporated. Ages 6+. Kids are invited to have a family member in attendance.

Tuesdays, February 2 and 9, 2021
6 to 7:30 p.m.

ALWAYS IN MY HEART

At this time of year, missing a loved one is especially difficult. During this workshop, participants will paint and decorate a paper clay heart which can be worn as a pin. A small photo can be incorporated into the pin.

Thursdays, February 11 and 18, 2021
6 to 7:30 p.m.

Tuesdays, February 16 and 23, 2021
6 to 7:30 p.m.

ART FOR RELAXATION: KIRIGAMI

Kirigami is a variation on Origami, the Japanese art of paper-folding. Kirigami involves cutting concentric paper circles in interesting ways, then curling and manipulating the paper and the cut-out parts to make an intricate 3-D paper sculpture. It looks complicated, but is simple to make. We will focus on the creative process.

Thursdays, March 11 and 18, 2021
6 to 7:30 p.m.

Tuesdays, March 16 and 23, 2021
6 to 7:30 p.m.

SAVE THE DATE