

WESTERN RESERVE GRIEF SERVICES



About *grief*

A PUBLICATION OF
HOSPICE OF THE WESTERN RESERVE

SPRING 2025



Walking Through Grief

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Support Groups

Unless otherwise noted, our support groups are open to anyone who has had a loved one die. Groups are subject to change. All groups require advance registration, and the number of participants is limited. 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.

GENERAL GRIEF SUPPORT

Circle of Hope Series

A 4-week educational grief support group for adults **(In-Person)**

WEDNESDAYS, MARCH 26 - APRIL 30

10 – 11 a.m.

Location:

Grafton Midview Public Library
983 Main St., Grafton 44044

To register, call 440.926.3317

THURSDAYS, APRIL 3 - 24

1 – 2:30 p.m.

Location: Ashtabula Office

Contact: Nick Peckham
npeckham@hospicewr.org
216.383.3782

Registration Deadline: March 27

THURSDAYS, APRIL 10 - MAY 1

6 – 7 p.m.

Location: East Campus

Contact: Lisa Florjancic
lflorjancic@hospicewr.org
440.853.5365

Registration Deadline: April 3

Passages Group

A 10-week grief support series based on Alan Wolfelt's **10 Touchstones of Grief**. Each week will focus on a different touchstone. Books will be provided. **(Virtual)**

EVERY OTHER WEDNESDAY

6 – 7 p.m.

Contact: Julia Manring

jmanring@hospicewr.org
216.233.0224

Serenity Seekers Support Group

A 6-week support group for adults who have lost an adult loved one.

(In-Person)

MARCH 4, 11, 18, 25; APRIL 1, 8

4:30 – 6 p.m.

Location: Milan Public Library

19 Church St., Milan 44846
Verbridge meeting room in basement of library. Take elevator to basement

Contact: Kathy Failor
kfailor@steinhospice.org
419.202.1234

MARCH 5, 12, 19, 26; APRIL 2, 9

5:30 – 7 p.m.

Location: Stein Hospice Main Office

Contact: Steve Boros
sboros@steinhospice.org
419.202.9020

MAY 7, 14, 21; JUNE 4, 11, 18

5:30 – 7 p.m.

Location: Stein Hospice Main Office

Contact: Steve Boros
sboros@steinhospice.org
419.202.9020

Healing Hearts Support Group

A monthly support group for adults who have lost an adult loved one.

(In-Person)

MARCH 6, APR 3, MAY 1

5:30 – 6:30 p.m.

Location: Stein Hospice Main Office

Contact: Steve Boros
sboros@steinhospice.org
419.202.9020

MARCH 13, APRIL 10, MAY 8

4 – 5 p.m.

Location: First Presbyterian Church
21 Firelands Blvd., Norwalk 44857
Across street from Fisher Titus Hospital

Contact: Kathy Failor
kfailor@steinhospice.org
419.202.1234

MARCH 19, APRIL 17, MAY 21

10 – 11:30 a.m.

Location:

Firelands Presbyterian Church
2626 E. Harbor Rd., Port Clinton 43452

Contact: Kathy Failor
kfailor@steinhospice.org
419.202.1234

Lunch with Friends

A social group for adults who have experienced the death of a loved one; participants pay for their own meals **(In-Person)**

MARCH 5, APRIL 2, MAY 7

Noon – 1 p.m.

Location: Bob Evans Restaurant
2800 U.S. 250 North, Norwalk 44857

Contact: Kathy Failor
kfailor@steinhospice.org
419.202.1234

MARCH 19, APRIL 17, MAY 21

Noon – 1 p.m.

Location: Sandusky Yacht Club
Water St., Sandusky 44870

Contact: Steve Boros
sboros@steinhospice.org
419.202.9020

Grief in the Second Year

For anyone exploring the second year of grief, including why it can be more challenging and ways to cope

(In-Person)

THURSDAY, FEBRUARY 6

2:30 – 4 p.m.

Location:

Robertson Bereavement Center, Medina

Contact: JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

SPOUSAL/PARTNER LOSS

Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner or significant other

FIRST THURSDAY OF EACH MONTH

7 – 8 p.m.

(In-Person)

Location:

Avon Lake United Church of Christ
32801 Electric Blvd., Avon Lake 44012

Contact: Amy Boyd-Kirksey
aboyd-kirksey@hospicewr.org
216.383.3788

FIRST WEDNESDAY OF EACH MONTH

6 – 7:30 p.m.

(Virtual)

Contact: Vanessa Smylie
vsmylie@hospicewr.org
216.763.6441

SECOND TUESDAY OF EACH MONTH

2 – 3:30 p.m.

(In-Person)

Location: West Campus

Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331

THIRD TUESDAY OF EACH MONTH

6 – 7:30 p.m.

(In-Person)

Location:

Robertson Bereavement Center

Contact: JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

THIRD THURSDAY OF EACH MONTH

10:30 a.m. – Noon

(In-Person)

Location: Lakeshore Campus

Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331

Circle of Hope Series Spouse/Partner Loss Only

A 6-week educational grief support group for adults **(In-Person)**

WEDNESDAYS, APRIL 2 - MAY 7

2 – 3:30 p.m.

Location: West Campus

Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331

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

FROM THE EDITOR

As we welcome the arrival of Spring, we recognize that this season of renewal can bring a mix of emotions for those who are grieving. While the world around us begins to bloom, grief can make us feel as though time is standing still, and we often want the world to stop and stand still with us. Every new season will bring new challenges, new reminders of who we have lost, and new "firsts" to experience without them. A new season can also bring us new moments of hope, some new things to smile about or embrace.

In this issue of About Grief, you will find this season's support group listings offering a range of different styles of groups. You will find some in person and some virtual, both can offer an opportunity for connecting with others who are traveling a similar path. We invite you to explore all of these options and to reach out to our team with any questions. You do not have to walk this path alone.

Susan Hamme, LSW, CHP-SW
Director of Grief Services

shamme@hospicewr.org
440.596.3582

For Women Only: Loss of Spouse/Partner Grief Support Group

(In-Person)

SECOND THURSDAY OF EACH MONTH

2 – 3:30 p.m.

Location: West Campus

Contact: Emily Ross
eross@hospicewr.org
216.383.6680

For Men Only: Loss of Spouse/Partner Grief Support Group

(In-Person)

LAST THURSDAY OF EACH MONTH

2 – 3:30 p.m.

Location: West Campus

Contact: Emily Ross
eross@hospicewr.org
216.383.6680

PARENT LOSS

Millennial Grief

A group for adults ages 29–44 grieving the death of a parent or parent figure. (Virtual)

SECOND WEDNESDAY OF EACH MONTH

6 – 7 p.m.

Contact: Lisa Florjancic
Lflorjancic@hospicewr.org
440.853.5365

Parent Loss Group (Virtual)

THIRD THURSDAY OF EACH MONTH

6 – 7:30 p.m.

Contact: Julia Manring
jmanring@hospicewr.org
216.233.0224

SUPPORT THROUGH MUSIC

Music for Relaxation

Relieve stress and enhance well-being with live music and breathwork. No musical or meditation experience needed. **Registration is required.** (In-Person)

FIRST MONDAY OF EACH MONTH

10 – 11 a.m.

Location:
HMC Hospice of Medina County

SECOND MONDAY OF EACH MONTH

10 – 11 a.m.

Location: Ames Family Hospice House

THIRD MONDAY OF EACH MONTH

10 – 11 a.m.

Location:
David Simpson Hospice House

Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731

Healing Rhythms

Relieve stress and release tension using various drums and other rhythmic instruments. No musical experience needed. **Registration is required.** (In-Person)

THIRD FRIDAY OF EACH MONTH

12:30 – 1:30 p.m.

Location:
HMC Hospice of Medina County

Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731

ALTERNATIVE GRIEF SUPPORT

Walking Through Grief

A group for adults of all levels of physical ability at various outdoor locations to walk together and enjoy the benefits of community, movement and the peace that nature provides.

SUNDAY, MARCH 23

10:30 a.m. – 12:30 p.m.

Location:
Cleveland Lakefront Nature Preserve
8701 Lakeshore Blvd., Cleveland 44108

SUNDAY, APRIL 27

10:30 a.m. – 12:30 p.m.

Location:
Brecksville Reservation,
Chippewa Creek Gorge Scenic
Overlook
8263 Chippewa Rd., Brecksville 44141

SUNDAY, MAY 18

10:30 a.m. – 12:30 p.m.

Location: Bradley Woods Reservation,
Bunns Lake trailhead parking lot,
White Oak Ln. and Bailus Rd.
Westlake 44145
(searchable on Google Maps)

Locations are subject to change due to weather; participants will be notified of all changes via email.

Contact: Sarah McIntosh
smcintosh@hospicewr.org



The Practical Side Of Grief: Cooking for One

An opportunity to learn and share tips and strategies to help navigate a new way of cooking. (In-Person)

TUESDAY, APRIL 8

6 – 7:30 p.m.

Location: West Campus

WEDNESDAY, APRIL 9

6 – 7:30 p.m.

Location: Lakeshore Campus

Contact: Amy Boyd-Kirksey
aboyn-kirksey@hospicewr.org
216.383.3788

The Practical Side Of Grief: Dealing With All The "Stuff"

An opportunity to learn and share tips and strategies to help deal with a person's possessions following their death. (In-Person)

TUESDAY, MAY 14

6 – 7:30 p.m.

Location: West Campus

TUESDAY, MAY 21

6 – 7:30 p.m.

Location: Lakeshore Campus

Contact: Amy Boyd-Kirksey
aboyn-kirksey@hospicewr.org
216.383.3788



Meeting Locations

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

Ashland Office

1021 Dauch Drive
Ashland, OH 44805

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

Stein Hospice Main Office

1200 Sycamore Line
Sandusky, OH 44870
419.625.5269

West Campus

22730 Fairview Center Drive
Fairview Park, OH 44126
216.227.9048

Healing Arts Workshops

SPRING 2025

These workshops provide a creative outlet for people who are grieving and are open to the community. No art experience is needed. We offer both in person and virtual workshops.

Virtual:

We use Microsoft Teams. If you register for the workshop, you are sent an email invitation with a link that you click on to join. Each workshop consists of two or four sessions a week apart. At the first session, a theme or topic is introduced with a discussion. You are given instructions on the art assignment plus the basic supplies you will need for your project. The supplies, which are new, are shipped and are yours to keep. Complete your art assignment during the week, and at the second session, share and talk about your art.

In Person:

If the workshop is only one session, we have an open discussion about grief and use art as a creative outlet.

There is a suggested \$5 donation for supplies. You may donate in person or donate to the Healing Arts Program by going to hospicewr.org and click on **Donate**. Where it asks how you would like to specify your gift, please choose Bereavement Services, which includes the Healing Arts Program.

THEIR STORY



In this two-session workshop, attendees can make a book-like box that tells the story of their loved one's life. Mementos, notes, letters, photos and other items of your choosing can be kept inside.

In-Person

Both Tuesdays, May 13 and 20
6:30 – 8 p.m.

Location: West Campus

Virtual

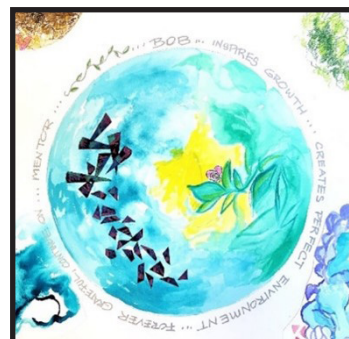
Both Wednesdays, May 7 and 14
6 – 7:30 p.m.

In-Person

Both Thursdays, May 15 and 22
6:30 – 8 p.m.

Location: Elisabeth Severance Prentiss Bereavement Center

CIRCLE OF HOPE: ART THERAPY EDITION



A six-week art and educational support group for adults who have experienced the death of a loved one.

In-Person

Six consecutive Wednesdays:
April 16, 23, and 30; May 7, 14 and 21.
10 – 11:30 a.m.

Location: Elisabeth Severance Prentiss Bereavement Center

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.*

In-Person

Third Thursday of each month
2 – 4 p.m.

Location: Elisabeth Severance Prentiss Bereavement Center

BURDEN BOWLS



There are many burdens that grieving persons bear in addition to the loss of a loved one. In this workshop, participants will create a bowl with air-dry clay into which they can symbolically lay their burdens down.

In-Person

Thursday, April 10
6:30 – 8:30 p.m.

Location: Elisabeth Severance Prentiss Bereavement Center

Virtual

Both Wednesdays, April 16 and 23
6 – 7:30 p.m.

In-Person

Tuesday, April 22
6:30 – 8:30 p.m.

Location: West Campus

PET GRIEF: RAINBOW BRIDGE



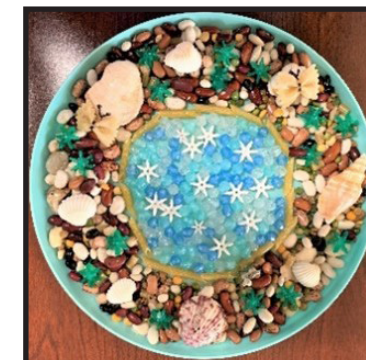
It is said that when our animal companions die, they go to the Rainbow Bridge to wait until we meet them again when we die. Participants will be sent the basic form of the bridge, fashioned after Leonardo da Vinci's bridge design. Then they will add popsicle sticks, paint it, and add photos if they wish.

Virtual

Both Tuesdays, June 3 and 10
6 – 7:30 p.m.

SAVE THE DATE!

ART FOR RELAXATION: EASY-PEASY MOSAIC



Mosaics are essentially "paintings" created with small, colorful pieces of ceramic tile, glass, stone, shells or wood. With this meditative project, participants will use a variety of items to create a unique mosaic.

In-Person

Thursday, June 12
6:30 – 8:30 p.m.

Location: Elisabeth Severance Prentiss Bereavement Center

Virtual

Both Wednesdays, June 11 and 18
6 – 7:30 p.m.

In-Person

Tuesday, June 17
6:30 – 8:30 p.m.

Location: West Campus

Call Mollie Borgione at 216.486.6544 or email mborgione@hospicewr.org to register no later than two weeks in advance of a virtual workshop start date or one week in advance of an in-person workshop start date.



300 East 185th Street
Cleveland, OH 44119-1330

Serving the Northern Ohio counties of Ashland, Ashtabula, Cuyahoga, Erie, Geauga, Huron, Knox, Lake, Lorain, Medina, Ottawa, Portage, Richland, Sandusky, Seneca, Stark, Summit and Wayne.

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If you do not speak English, language assistance services, free of charge, are available to you. Call 216.383.6688.

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Western Reserve Grief Services is a community-based grief support program that provides services throughout Northern Ohio. We offer support to anyone who has experienced a loss due to death.



Our vision is to build a future in which every member of our community can experience quality of life at the end of life. Replacing our hospice care center on Lake Erie in Cleveland is the next step toward making this vision a reality.

Our Quality of Life capital campaign will help fund a new, state-of-the-art Hospice Care & Community Center on our existing lakeside property. This will allow us to deliver the highest level of end-of-life care in the highest quality care environment to ensure every patient and their family has access to the support and services they need in a welcoming and comfortable environment.



Scan this QR code with your phone to donate.

