

WESTERN RESERVE GRIEF SERVICES



About *grief*

A PUBLICATION OF
HOSPICE OF THE WESTERN RESERVE

WINTER 2024 - 25



800.707.8922 | hospicewr.org

Support Groups

DECEMBER 2024

MONDAY, DECEMBER 2

10 – 11 a.m.
(First Monday of each month)

Music for Relaxation

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

Location:

HMC Hospice of Medina County

Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731

TUESDAY, DECEMBER 3

6:30 – 8 p.m.

Grieving During the Holidays for Adults

(In-Person)

Location: Lakeshore Campus

Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331

WEDNESDAY, DECEMBER 4

Noon – 1:30 p.m.
(Biweekly, on Wednesdays)

Adult Grief Support Group

For anyone who has experienced the death of a loved one **(In-Person)**

Location: Ashland Office

Contact: Julia Manring
jmanring@hospicewr.org
216.383.5743

WEDNESDAY, DECEMBER 4

Noon – 1:30 p.m.
(First Wednesday of each month)

Lunch with Friends Grief Support Group

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

Location: Bob Evans
4800 U.S. 250 North
Norwalk 44507

Contact: Kathleen Failor
kfailor@steinhospice.org
419.202.1234

WEDNESDAY, DECEMBER 4

6 – 7:30 p.m.
(First Wednesday of each month)

Loss of Spouse/Partner Grief Support Group

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

Contact: Vanessa Smylie
vsmylie@hospicewr.org
216.763.6441

THURSDAY, DECEMBER 5

5:30 – 6:30 p.m.
(First Thursday of each month)

Adult Grief Support Group

For anyone who has experienced the death of a loved one **(In-Person)**

Location: Stein Hospice Main Office, Sandusky

Contact: Kathleen Failor
kfailor@steinhospice.org
419.202.1234

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.

THURSDAY, DECEMBER 5

7 – 8 p.m.
(First Thursday of each month)

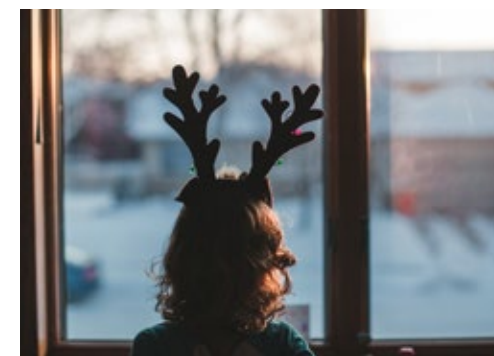
Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner or significant other **(In-Person)**

Location:

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

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



SATURDAY, DECEMBER 7

1 – 3 p.m.

Grieving During the Holidays for Children Ages 7 – 12

Location:

HMC Hospice of Medina County

Contact: Betsy Fox
efox@hospicewr.org
440.414.1737

Parents/Guardians/Family Members:

A separate group will be held at the same time. Learn how to support grieving children in your life as well as manage your own grief during the holiday season.

MONDAY, DECEMBER 9

10 – 11 a.m.
(Second Monday of each month)

Music for Relaxation

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

Location: Ames Family Hospice House

Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731



TUESDAY, DECEMBER 10

2 – 3:30 p.m.
(Second Tuesday of each month)

Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner or significant other **(In-Person)**

Location: West Campus

Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331

MONDAY, DECEMBER 9

6 – 7:30 p.m.
(Second Monday of each month)

Loss of Parent Grief Support Group

For adults who have experienced the death of one or both parents **(Virtual)**

Contact: Betsy Fox
efox@hospicewr.org
440.414.1737

MONDAY, DECEMBER 9

6:30 – 8 p.m.

Grieving During the Holidays for Adults

(In-Person)

Location: West Campus

Contact: Carrie Johnson
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216.486.6331

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6 – 7 p.m.
(Second Tuesday of each month)

Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner or significant other **(In-Person)**

Location: HMC Hospice of Medina County

Contact: JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

FROM THE EDITOR

As we enter the Winter season and approach myriad holiday celebrations, many of us will experience a mix of emotions, likely intensified by the season. For those grieving the death of a loved one, this time of year can be especially challenging. Holidays, traditionally associated with family, joy and togetherness, may instead evoke feelings of sadness, isolation and deepened grief. The shorter days, colder weather, and festive sights and sounds can serve as poignant reminders of loss, urging us to withdraw and further isolate.

It's important to remember that there is no "right way" to grieve or to navigate this season. The journey through grief must be personal, taken at your own pace. Our Grief Services team at Hospice of the Western Reserve is here to support you and yours during this time. You will find in this "About Grief" issue our grief support groups available this Winter, along with contact information for our team. We offer both in-person and virtual options to meet your needs, so you don't have to face this season alone.

Take care of yourself and know that compassionate support is available whenever you're ready to reach out.

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

shamme@hospicewr.org
440.596.3582

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



TUESDAY, DECEMBER 10
6 – 7:30 p.m.
(Second Tuesday of each month)

Parents Grief Support Group
For parents who have experienced the death of an adult child
(In-Person and Virtual)

Location: Lakeshore Campus
Contact: Betsy Fox
efox@hospicewr.org
440.414.1737

WEDNESDAY, DECEMBER 11
6 – 7:30 p.m.
(Second Wednesday of each month)

Millennial Grief Support Group
For adults ages 25–40 grieving the death of a parent or parent figure
(Virtual)

Contact: Lisa Florjancic
lflorjancic@hospicewr.org
440.853.5365

THURSDAY, DECEMBER 12
2 – 3:30 p.m.
(Second Thursday of each month)

**For Women Only: Loss of Spouse/
Partner Grief Support Group**
(In-Person)

Location: West Campus
Contact: Emily Ross
eross@hospicewr.org
216.892.6680

THURSDAY, DECEMBER 12
4 – 5 p.m.
(Second Thursday of each month)

Adult Grief Support Group
For anyone who has experienced the death of a loved one (In-Person)

Location: Sheri's Coffee House
27 Whittlesey Ave.
Norwalk 44857
Contact: Kathleen Failor
kfailor@steinhospice.org
419.202.1234

MONDAY, DECEMBER 16
10 – 11 a.m.
(Third Monday of each month)

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

Location: David Simpson Hospice House
Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731



TUESDAY, DECEMBER 17
6 – 7 p.m.
(Third Tuesday of each month)

**Loss of Spouse/Partner
Grief Support Group**
For adults of any age who have experienced the death of a spouse, partner or significant other (In-Person)

Location: HMC Hospice of Medina County
Contact: JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

WEDNESDAY, DECEMBER 18
10:30 a.m. – Noon
(Third Wednesday of each month)

Adult Grief Support Group
For anyone who has experienced the death of a loved one (In-Person)

Location: Firelands Presbyterian Church
2626 E. Harbor Road
Port Clinton 43452
Contact: Kathleen Failor
kfailor@steinhospice.org
419.202.1234

WEDNESDAY, DECEMBER 18
Noon – 1:30 p.m.
(Third Wednesday of each month)

**Lunch with Friends Grief Support
Social Group**
(In-Person)

Location: Sandusky Yacht Club
529 E. Water St.,
Sandusky 44870
Contact: Kathleen Failor
kfailor@steinhospice.org
419.202.1234

WEDNESDAY, DECEMBER 18
Noon – 1:30 p.m.
(Biweekly, on Wednesdays)

Adult Grief Support Group
For anyone who has experienced the death of a loved one (In-Person)

Location: Ashland Office
Contact: Julia Manring
jmanring@hospicewr.org
216.383.5743

THURSDAY, DECEMBER 19
10:30 a.m. – Noon
(Third Thursday of each month)

**Loss of Spouse/Partner Grief
Support Group for Older Adults**
For adults later in life who have experienced the death of a spouse, partner or significant other (In-Person)

Location: Lakeshore Campus
Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331



Supporting Kids Through the Ups and Downs of the Holiday Season

Susan Hamme, LSW, CHP, SW

For families who are grieving, entering the winter months may spark unexpected feelings of fear and anxiety over the approaching holidays. Where will we spend special days? What will we do? Will it upset Mom, Dad, Grandma, Grandpa, etc., if I bring up the person who died? Is it OK to have fun?

Most often, children who have experienced the death of someone special are part of a larger family unit that is also grieving and adjusting to life after that same loss. As adults, taking care of ourselves and giving space to our own grief is essential to our ability to support the grieving kids in our lives.

Childhood grief is tricky no matter the time of year, but the holidays can be a time of especially heightened emotion. The sights and sounds of the season can be triggers for children and adults alike. Combine that with an awareness that things will be very different without your special person, and you have the perfect recipe for emotional

meltdowns and miscommunication all around. While it may be impossible to avoid this altogether, there are things you can do to lessen the stress and build in moments of peace and celebration.

Choose an old tradition that can be continued. Children are comforted by routine and normalcy. Even though everything else may be different, choosing even one tradition from holidays past to help the family feel connected to the loved one who died.

Plan – even the simple things. Young people love to feel in control of the things happening in their world. Including them in decisions about things such as meals, decorations and table seating can help them to feel more connected to the celebration and in control of things going on around them.

Schedule “down time”. Feelings of being overwhelmed, overstimulated and overtired can lead to behaviors and emotions most families would like to avoid. Including time for rest

and play throughout a busy holiday schedule allows kids (and adults) to decompress before they reach a tipping point.

Try something new. One thing the pandemic taught us all is that there are different ways to do almost anything that we need or want to. Plan a virtual meet up with friends or family who can't be together in person – sing favorite holiday songs, play holiday charades, light a candle “together” in honor of the person who died, or simply share stories and memories of past holidays.

Let fun and laughter have its space. Children naturally move between the presence of grief and moments of joy. As adults, we can learn from them that there is room for both. Affirm and validate for them that it is still OK to laugh, play and be excited.

The loved ones we are missing often brought joy to our lives. That is why we miss them. Wishing you and the kids in your life a season of comfort, joy and memories.

THURSDAY, DECEMBER 19

6:30 – 7:30 p.m.
(Third Thursday of each month)

Loss of a Parent Grief Support Group

For adults who have experienced the death of one or both parents **(Virtual)**

Contact: Julia Manring
jmanring@hospicewr.org
216.233.0224

FRIDAY, DECEMBER 20

12:30 – 1:30 p.m.
(Third Friday of each month)

Healing Rhythms

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

Location:
HMC Hospice of Medina County

Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731



THURSDAY, DECEMBER 26

2 – 3:30 p.m.
(Last Thursday of each month)

For Men Only: Loss of Spouse/ Partner Grief Support Group (In-Person)

Location: West Campus
Contact: Emily Ross
eross@hospicewr.org
216.892.6680

JANUARY 2025

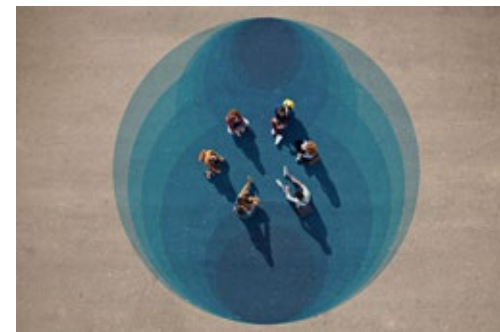
WEDNESDAY, JANUARY 1

6 – 7:30 p.m.
(First Wednesday of each month)

Loss of Spouse/Partner Grief Support Group

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

Contact: Vanessa Smylie
vsmylie@hospicewr.org
216.763.6441



THURSDAYS, JANUARY 2, 9, 16 AND 23

2 – 3:30 p.m.

Circle of Hope Series

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

Location:
Ashtabula County Assumption Church
30 Lockwood St, Geneva 44041

Registration Deadline: December 26

Contact: Nick Peckham
npeckham@hospicewr.org
216.383.3782

THURSDAY, JANUARY 2

5:30 – 6:30 p.m.
(First Thursday of each month)

Adult Grief Support Group

For anyone who has experienced the death of a loved one **(In-Person)**

Location:
Stein Hospice Main Office, Sandusky

Contact: Steve Boros
sboros@steinhospice.org
419.202.9020

THURSDAY, JANUARY 2

7 – 8 p.m.
(First Thursday of each month)

Loss of Spouse/Partner Grief Support Group

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

MONDAY, JANUARY 7

10 – 11 a.m.
(First Monday of each month)

Music for Relaxation

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

Location:
HMC Hospice of Medina County

Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731

WEDNESDAY, JANUARY 8

Noon – 1:30 p.m.
(Rescheduled due to holiday)

Lunch with Friends Grief Support Group

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

Location: Bob Evans
2800 Rt. 250 N, Norwalk 44857

Contact: Kathy Failor
kfailor@steinhospice.org
419.202.1234

WEDNESDAY, JANUARY 8

Noon – 1:30 p.m.
(Biweekly, on Wednesdays)

Adult Grief Support Group

For anyone who has experienced the death of a loved one **(In-Person)**

Location: Ashland Office
Contact: Julia Manring
jmanring@hospicewr.org
216.383.5743



WEDNESDAY, JANUARY 8

6 – 7:30 p.m.
(Second Wednesday of each month)

Millennial Grief Support Group

For adults ages 25–40 grieving the death of a parent or parent figure **(Virtual)**

Contact: Lisa Florjancic
lflorjancic@hospicewr.org
440.853.5365

THURSDAY, JANUARY 9

2 – 3:30 p.m.
(Second Thursday of each month)

For Women Only: Loss of Spouse/ Partner Grief Support Group (In-Person)

Location: West Campus
Contact: Emily Ross
eross@hospicewr.org
216.892.6680

THURSDAY, JANUARY 9

4 – 5 p.m.
(Second Thursday of each month)

Adult Grief Support Group

For anyone who has experienced the death of a loved one **(In-Person)**

Location:
Sheri's Coffee House
27 Whittlesey Ave., Norwalk 44857
Contact: Kathleen Failor
kfailor@steinhospice.org
419.202.1234

MONDAY, JANUARY 13

10 – 11 a.m.
(Second Monday of each month)

Music for Relaxation

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

Location: Ames Family Hospice House
Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731

MONDAY, JANUARY 13

6 – 7:30 p.m.
(Second Monday of each month)

Loss of Parent Grief Support Group

For adults who have experienced the death of one or both parents **(Virtual)**

Contact: Betsy Fox
efox@hospicewr.org
440.414.1737

TUESDAY, JANUARY 14

2 – 3:30 p.m.
(Second Tuesday of each month)

Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner or significant other **(In-Person)**

Location: West Campus
Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331

TUESDAY, JANUARY 14

6 – 7 p.m.
(Second Tuesday of each month)

Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner or significant other **(In-Person)**

Location:
HMC Hospice of Medina County
Contact: JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

TUESDAY, JANUARY 14

7 – 8 p.m.
(Second Tuesday of each month)

Loss of Spouse/Partner Grief Support Group

For adults ages 50 and younger who have experienced the death of a spouse, partner or significant other **(Virtual)**

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



**THURSDAY, JANUARY 16**

6:30 – 7:30 p.m.
(Third Thursday of each month)

Loss of a Parent Grief Support Group

For adults who have experienced the death of one or both parents **(Virtual)**

Contact: Julia Manring
jmanring@hospicewr.org
216.233.0224

FRIDAY, JANUARY 17

12:30 – 1:30 p.m.
(Third Friday of each month)

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Location:
HMC Hospice of Medina County

Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731

MONDAY, JANUARY 20

10 – 11 a.m.
(Third Monday of each month)

Music for Relaxation

Relieve stress and enhance your well-being with live music and breathwork. No musical experience or meditation experience needed. Registration is required.

(In-Person)

Location:
David Simpson Hospice House

Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731

Loss of Spouse/Partner Grief Support Group for Older Adults

For adults later in life who have experienced the death of a spouse, partner or significant other **(In-Person)**

Location: Lakeshore Campus

Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331

TUESDAY, JANUARY 21

6 – 7 p.m.
(Third Tuesday of each month)

Loss of Spouse/Partner Grief Support Group

For adults of any age who have experienced the death of a spouse, partner or significant other **(In-Person)**

Location:
HMC Hospice of Medina County

Contact: JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

**WEDNESDAY, JANUARY 22**

Noon – 1:30 p.m.
(Biweekly, on Wednesdays)

Adult Grief Support Group

For anyone who has experienced the death of a loved one **(In-Person)**

Location: Ashland Office
Contact: Julia Manring
jmanring@hospicewr.org
216.233.0224

THURSDAY, JANUARY 30

2 – 3:30 p.m.
(Last Thursday of each month)

For Men Only: Loss of Spouse/Partner Grief Support Group (In-Person)

Location: West Campus

Contact: Emily Ross
eross@hospicewr.org
216.892.6680

THURSDAYS, JANUARY 30; FEBRUARY 6, 13 AND 20

6 – 7 p.m.

Circle of Hope Series

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

Registration Deadline: January 23

Contact: Lisa Florjancic
lflorjancic@hospicewr.org
440.853.5365

FEBRUARY 2024**MONDAY, FEBRUARY 3**

10 – 11 a.m.
(First Monday of each month)

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Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731

**WEDNESDAY, FEBRUARY 5**

Noon – 1:30 p.m.
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Bob Evans
4800 U.S. 250 North, Norwalk 44507

Contact: Kathleen Failor
kfailor@steinhospice.org
419.202.1234

WEDNESDAY, FEBRUARY 5

5:30 – 6:30 p.m.
(First Wednesday of each month)

Adult Support Group

For anyone who has experienced the death of a loved one **(In-Person)**

Location: Stein Main Office
Contact: Steve Boros
sboros@steinhospice.org,
419.202.9020

WEDNESDAY, FEBRUARY 5

6 – 7:30 p.m.
(First Wednesday of each month)

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

Contact: Vanessa Smylie
vsmylie@hospicewr.org
216.763.6441

THURSDAY, FEBRUARY 6

2:30 – 4 p.m.

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)**

Location:
HMC Hospice of Medina County

Contact: JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

THURSDAY, FEBRUARY 6

5:30 – 6:30 p.m.
(First Thursday of each month)

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For anyone who has experienced the death of a loved one **(In-Person)**

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419.202.1234

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7 – 8 p.m.
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216.383.3788



WEDNESDAY, FEBRUARY 12
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Millennial Grief Support Group

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Contact: Lisa Florjancic
lflorjancic@hospicewr.org
440.853.5365

THURSDAY, FEBRUARY 13
2 – 3 p.m.

Grief 101

For anyone who has experienced the death of a loved one in the past six months.

(In-Person)

Location: Ashtabula Office

Registration Deadline:
February 10

Contact: Nick Peckham
npeckham@hospicewr.org
216.383.3782

THURSDAY, FEBRUARY 13
2 – 3:30 p.m.
(Second Thursday of each month)

For Women Only: Loss of Spouse/ Partner Grief Support Group (In-Person)

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David Simpson Hospice House

Contact: Elisha Evanko
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440.414.1731

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Contact: JoDee Coulter
jcoulter@hospicewr.org
330.662.4240

WEDNESDAY, FEBRUARY 19
10:30 a.m. – Noon
(Third Wednesday of each month)

Adult Grief Support Group

For anyone who has experienced the death of a loved one **(In-Person)**

Location:

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

Contact: Kathleen Failor
kfailor@steinhospice.org
419.202.1234



WEDNESDAY, FEBRUARY 19
Noon – 1:30 p.m.
(Third Wednesday of each month)

Lunch with Friends Grief Support Group

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

Location:

Sandusky Yacht Club
529 E. Water St., Sandusky 44870

Contact: Steve Boros
sboros@steinhospice.org,
419.202.9020

THURSDAY, FEBRUARY 20
10:30 a.m. – Noon
(Third Thursday of each month)

Loss of Spouse/Partner Grief Support Group for Older Adults

For adults later in life who have experienced the death of a spouse, partner or significant other **(In-Person)**

Location: Lakeshore Campus

Contact: Carrie Johnson
crjohnson@hospicewr.org
216.486.6331

THURSDAY, FEBRUARY 20
6:30 – 7:30 p.m.
(Third Thursday of each month)

Loss of a Parent Grief Support Group

For adults who have experienced the death of one or both parents **(Virtual)**

Contact: Julia Manning
jmanring@hospicewr.org
216.233.0224

FRIDAY, FEBRUARY 21
12:30 – 1:30 p.m.
(Third Friday of each month)

Healing Rhythms

Relieve stress and release tension using various drums and other rhythmic instruments. No musical experience needed. Registration is required.

(In-Person)

Location:

HMC Hospice of Medina County

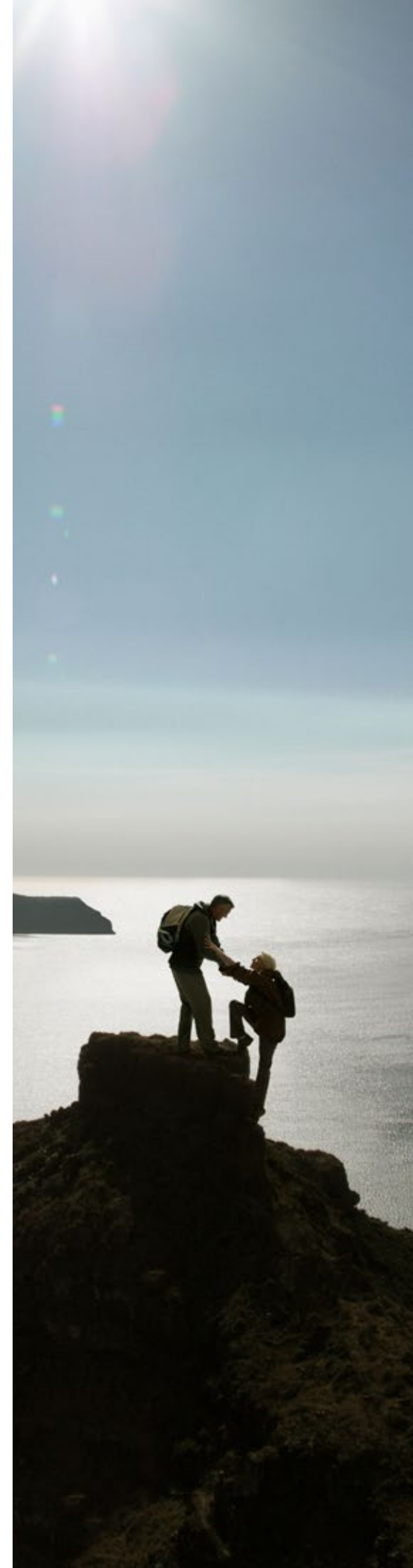
Contact: Elisha Evanko
eevanko@hospicewr.org
440.414.1731

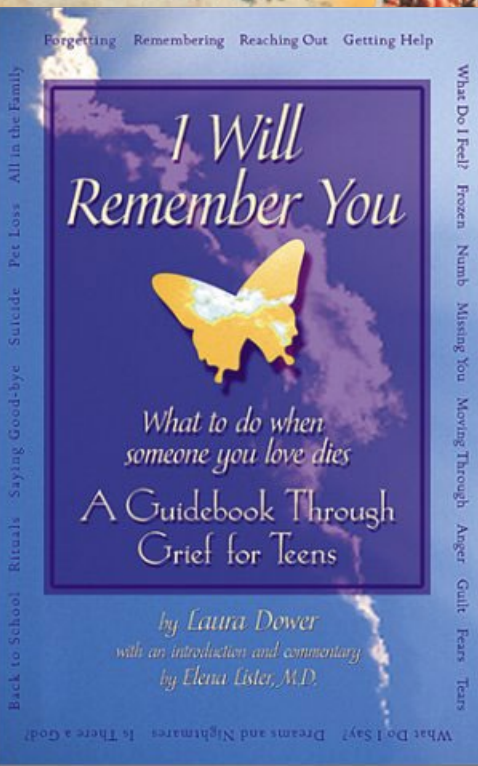
THURSDAY, FEBRUARY 27
2 – 3:30 p.m.
(Last Thursday of each month)

For Men Only: Loss of Spouse/ Partner Grief Support Group (In-Person)

Location: West Campus

Contact: Emily Ross
eross@hospicewr.org
216.892.6680





I Will Remember You

What to do when someone you love dies:
A Guidebook Through Grief For Teens

By Laura Dower

With an introduction and commentary by Elena Lister, M.D.

Experiencing the death of a loved one during the teen years can be paralyzing during a time that is already filled with powerful emotions, hormonal changes, feelings of being alone and trying to define one's self. In this book, authors Dower and Lister work together to create an avenue for teens to understand their unique response to loss and encourage self-expression to aid in healing.

"Think of this book as a grief map. It helps you to see the path, but it can't tell you where to go".

I Will Remember You walks readers through identifying what death is and what death means to them including different religious and cultural considerations. Emotions and coping skills are addressed, as well as concerns related to different kinds of losses: sibling, friend, parent, pet etc. The reader can start from the beginning or skip through to the topics that are most appropriate for them.

This book is interwoven with poetry and journal entries from teens who have experienced death as well as famous quotes of inspiration and hope. "The Doctor Is In" sections offer suggestions for coping that were helpful to Dr. Lister and her family after the death of her young daughter. "Try This" includes suggested journaling exercises, visualizations and other creative ways of expressing grief.

This is a wonderful book for helping teens recognize they are not alone on this journey.



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

WINTER 2024

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.

INSIDE AND OUT



Masks have been used in many cultures for thousands of years. We also wear invisible masks every day, especially when we are grieving. We may present one face to the world but feel differently inside. Participants will explore these ideas and create their own mask.

In-Person

Tuesday, January 14
6:30 – 8:30 p.m.

Location: West Campus

Virtual

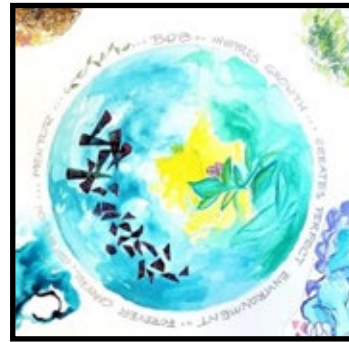
Two Wednesdays, January 15 and 22
6:00 – 7:30 p.m.

In-Person

Thursday, January 23
6:30 – 8:30 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.

Virtual

Wednesdays, February 5, 12, 19 and 26;
March 5 and 12
10 – 11:30 a.m.

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

SPIRIT STICKS



Paint and decorate a piece of driftwood to commemorate the spirit and personality of yourself, a loved one or a spiritual connection. Small mementoes, jewelry, trinkets or pieces of clothing may be incorporated into the piece.

In-Person

Two Thursdays, February 6 and 13
6:30 – 8:00 p.m.

Location: Elisabeth Severance Prentiss Bereavement Center

In-Person

Two Tuesdays, February 11 and 18
6:30 – 8:00 p.m.

Location: West Campus

Virtual

Two Wednesdays, February 12 and 19
6:00 – 7:30 p.m.

PET GRIEF: MY BUDDY



Losing an animal that has been your constant and faithful companion is difficult. At this workshop, you can make a hand-sewn pocket version of your beloved animal buddy that you can carry in your pocket or bag. Bring a photo for reference.

In-Person

Tuesday, March 4
6:30 – 8:30 p.m.

Location: West Campus

SAVE THE DATE!

ART FOR RELAXATION: "HOME FOR THE HEART"



The death of a loved one upsets our emotional equilibrium. Especially while we are grieving, we need to be reminded of those activities that make our hearts feel at home, as well as learn about new things we can do. At this workshop, you can create a mixed-media collage to represent those things that are healing for you.

Virtual

Two Wednesdays, March 12 and 19
6:00 – 7:30 p.m.

In-Person

Thursday, March 13
6:30 – 8:30 p.m.

Location: Elisabeth Severance Prentiss Bereavement Center

In-Person

Tuesday, March 18
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.



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800.707.8922 | hospicewr.org



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.

