

Cleveland Clinic Akron General Visiting Nurse Service

2018 Support Group Calendar

Hospice of Visiting Nurse Service Center for Loss and Hope offers progressive programs designed to support and assist grieving persons through the grief process. The following education and support groups reflect the development of healing experienced when redefining life after loss.

Contact the Bereavement Supervisor's office at 800.335.1455 ext. 4662 or 330.668.4662 for more information.

Growing Through Grief Series is an eight-week series offered on Thursdays, for those who wish to learn what they might experience during the grieving process. Group members share their stories, emotions, victories, and hopes. Group members can expect to receive loving support from the group leaders, information on the grieving process, and receive tools for handling the normal grief response.

| Dates | Times | Location |
|---|--|---------------------|
| January: 11, 18, 25 February: 1, 8, 15, 22 March: 1 | 2 p.m. – 4 p.m. or 6 p.m. – 8 p.m. | Hospice Care Center |
| May: 10, 17, 24, 31 June: 7, 14, 21, 28 | 2 p.m. – 4 p.m. or 6 p.m. – 8 p.m. | Hospice Care Center |
| September: 20, 27 October: 4, 11, 18, 25 November: 1, 8 | 2 p.m. – 4 p.m. or 6 p.m. – 8 p.m. | Hospice Care Center |

Healing Journey Grief Support Group is a six week series offered on Thursdays, focusing on rebuilding life after the death of a loved one. Group members will begin to normalize the grief experience through incorporating hope, camaraderie with each other, the sharing of feelings/stories, and support. The weekly classes also provide an incentive to make new friends and develop new interests.

| Dates | Times | Location |
|---------------------------------------|--|---------------------|
| March: 15, 22, 29 April: 5, 12, 19 | 2 p.m. – 4 p.m. or 6 p.m. – 8 p.m. | Hospice Care Center |
| July: 19, 26 August: 2, 9, 16, 23 | 2 p.m. – 4 p.m. or 6 p.m. – 8 p.m. | Hospice Care Center |

Moving Forward Grief Support Group this once - a - month series focuses on supporting those who are moving along the journey of grief and are now beginning to incorporate new behaviors in their lives as they attempt to create their "new normal."

| Dates | Time | Location |
|--------------------------------|--------------------|---------------------|
| Second Wednesday of Each Month | 2 p.m. – 3:30 p.m. | Hospice Care Center |

Additional Opportunities

- ❖ ***After the Holidays: Now What?*** –After the death of a loved one the holiday season can be extremely stressful and often heartbreaking. This group will focus on overcoming the low feelings sometimes experienced after major holidays and other special days.
Date: January 10, 2018 **Time: 2 p.m. – 3:30 p.m. or 6 p.m. – 7:30 p.m.**
- ❖ ***Kids Loving Memories*** – This session will provide support for children, ages 6 – 12, who have experienced a death of a significant loved one, such as a parent, sibling or grandparent. We will focus on a time to remember those special loved ones using crafts, storytelling and music.
Date: February 9, 2018 **Time: 5 p.m. – 7 p.m.**
- ❖ ***Just for Men*** –In general men even have a hard time acknowledging their need for support when they have experienced a death of a loved one. This group, for men only, seeks to provide ideas for helping men move through the loss of a loved one.
Dates: Third Wednesday of each month **Time: 6 p.m. – 7:30 p.m.**
- ❖ ***TeenLife Grief Support*** – a grief support group for teen’s ages 12 to 16 years old, exploring the challenges teens face when adjusting to the death of a significant loved one.
Dates: March 6, 13, 20 & 27, 2018 **Time: 6 p.m. – 7:30 p.m.**
November 6, 13, 20, 27, and 2018 **Time: 6 p.m. – 7:30 p.m.**
- ❖ ***Art of Journaling*** – The purpose of journal writing is to reflect upon the meaning and the significance of events in our lives so that we might find new meanings, core values, and inner peace. Join us as we discover how journal writing can be a road to healing.
Dates: April 9, 16, 23, and 2018 **Time: 2 p.m. – 3:30 p.m.**
- ❖ ***TeenLife Grief Support Camp*** – a free one – day camp that focuses on supporting grieving teens, ages 12 – 15. Creative teen activities are used to assist teens in expressing their grief after the death of a significant loved one. Teens will experience peer support, camaraderie, grief support, and fun as they interact with one another in this one – day camp.
Date: July 27, 2018 **Time 8 a.m. – 4 p.m.**
- ❖ ***Camp Promise*** – a free camp for children, ages 6 – 11. Creative child – friendly activities are used to assist children in expressing their grief reactions after the death of a significant loved one. Children learn to manage and understand their significant loss through creative play.
Dates: Mon, July 30 – Thurs, August 2, 2018 **Time: 8 a.m. – 4 p.m.**
- ❖ ***Reducing Holiday Stress/Grief, Loss, and Holiday Pain*** – These two holiday programs discuss stress related concerns surrounding the holiday season for the bereaved. We will learn how to balance the reality of grief, along with the expectations of the holidays, and discuss possible options for coping with these potentially difficult times of the year.
Dates: November 14, and December 12, 2018 **Time: 2 p.m. – 3:30 p.m. or 6 p.m. – 7:30 p.m.**
- ❖ ***Kids and Holiday Grief*** – is a holiday grief group for children, ages 6 – 11. This group is designed specifically for children who have experienced the significant loss of a grandparent, parent, or sibling.
Dates: November 9, and December 7, 2018 **Time: 5 p.m. – 7 p.m.**
- ❖ ***One-On-One Grief support*** – is an option for individuals who either need more privacy in expressing their reaction to loss, or who are unable to attend group meetings. Contact the Bereavement Supervisor to schedule an appointment or for more information. Contact the Bereavement Supervisor’s office at 800.335.1455 ext. 4662 or 330.668.4662 for more information.