

Cleveland Clinic Akron General Visiting Nurse Service

2017 Support Group Calendar ***The Hospice of VNS Center for Loss and Hope***

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.

Growing Through Grief Series is an eight-week series of classes 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.

January: 12, 19, 26	2:00 – 4:00 PM	Hospice Care Center
February: 2, 9, 16, 23	or	
March: 2	6:00 – 8:00 PM	
May: 11, 18, 25	2:00 – 4:00 PM	Hospice Care Center
June: 1, 8, 15, 22, 29	or	
	6:00 – 8:00 PM	
September: 7, 14, 21, 28,	2:00 – 4:00 PM	Hospice Care Center
October: 5, 12, 19, 26	or	
	6:00 – 8:00 PM	

Healing Journey Grief Support Group is a six week series of classes on Thursdays, focusing on rebuilding life after the death of a loved one and incorporating hope. Group members will help normalize the grief experience through camaraderie with each other, the sharing of feelings/stories, support and providing an incentive to make new friends and develop new interests, as soon as, they are able.

March: 23, 30,	2:00 – 4:00 PM	Hospice Care Center
April: 6, 13, 20 27	or	
	6:00 – 8:00 PM	
July: 13, 20, 27	2:00 – 4:00 PM	Hospice Care Center
August: 3, 10, 17	or	
	6:00 – 8:00 PM	

Moving On 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.”

Second Wednesday of Each Month	2:00 – 3:30 PM	Hospice Care Center
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- ❖ ***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 11, 2017 **Time: 2 – 3:30 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 10, 2017 **Time: 5 – 7:00 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: April 10, 17, 24, 2017 **Time: 5:30 – 7:00 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 10, 17, 24, 2017 **Time: 2 – 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 28, 2017 **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: Monday, July 31 – Thursday, August 3, 2017 **Time: 8a.m. – 4:00 p.m.**
- ❖ ***Men and the Holidays*** – Helping men face the holidays when their loved one is gone.
Dates: November 6, 13, 20, 2017 **Time: 5:30 – 7:00 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 8, and December 13, 2017 **Time: 2 – 3:30 p.m. or 6 – 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 10, and December 8, 2017 **Time: 5 – 7 p.m.**
- ❖ ***TeenLife Holiday Grief Support*** – this session will provide support for teens, ages 12 – 16, who have experienced a significant loss, such as a parent, sibling or grandparent. The teens participate in age appropriate crafts, music, art, and sharing, along with cookie decorating. Each activity will provide the right amount of fun and informational support needed to face the possible changes the holidays may have for a grieving teen.
Dates: December 1, 2017 **Time: 5 – 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.