

TRANSCENDING GRIEF GROUP



Transcending grief involves letting go of what is gone and one by one, taking hold of the things that are left and building again. This series is geared to help you reassess your life, and begin to live intentionally, consciously choosing how you will live the rest of your life. Through a combination of presentation, group discussions, sharing and experiential activities, these workshops will teach tools for thriving.

To attend this group, you must have completed a Cornerstone of Hope group or have participated in individual counseling with a counselor recommendation. You may participate each month or just attend the topics that interest you. **Please register in advance by calling**

216.524.4673 or online at cornerstoneofhope.org. Cost is \$10 per person to attend and please pay at the door. Coffee and bakery provided, and group will meet from 6:00-8:00pm.

UPCOMING TOPICS

January 24, 2017 | *How to survive being a survivor*

We are surviving, how can we survive and feel strong? Learn ways to be a strong survivor.

February 28, 2017 | *Guilt: Why am I carrying this? How or can I release my guilt?*

We will learn ways to let go of the guilt we carry, not only about our loss, but throughout other areas in our life.

March 28, 2017 | *Taking control*

Is it possible? Can we take control of our feelings? Participants will learn ways to build positive self-regard.

April 25, 2017 | *Holding on to memories*

As we continue walking our grief journey we will learn some ways we can hold on to our memories of our loved one without feeling bad about ourselves.

May 23, 2017 | *Visions of picnics, friends gathering, & fun. Why are my visions different for this Memorial Day?*

Participants will discuss and learn ways to move through this phase of grief.

Cornerstone of Hope is dedicated to providing a variety of support groups for grieving children, teens and adults.



A CENTER FOR GRIEVING
CHILDREN, TEENS, AND ADULTS

CLEVELAND

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