

ADULT GRIEF SUPPORT | ALL LOSS TYPES



Wednesday Evenings from 6:00 PM - 8:00 PM

Winter Session: January 10 - March 14, 2018

Spring Session: April 4 - June 6, 2018

Friday Afternoons from 1:00 PM - 3:00 PM

Winter Session: January 12 - March 16, 2018

Spring Session: April 6 - June 8, 2018

Registration is required and a mandatory intake meeting must be completed two weeks prior to group beginning.



On the final day of group, participants write messages to loved ones and release a balloon.

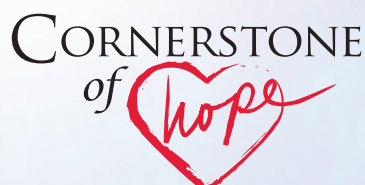
"I found solace and heartfelt empathy each of the 8 weeks from my most special, uniquely different group of grief survivors. I felt that for those 2 hours each week, I was home and could be myself. It was okay, and there was no judging."

- Shelly, Group Member

This group is for adults who are grieving the death of a loved one. Depending on the size of the group, groups may break down further into Loss of a Spouse, Loss of a Child, Loss of a Parent, and All Grief Losses.

Open to all, regardless of ethnic, cultural & faith backgrounds. Led by professionally trained and experienced facilitators. A choice of either Wednesday or Friday sessions are offered for your schedule. Session is ten weeks in length and each meeting is 2 hours. Provided at no charge to you, and includes a light dinner (Wednesday) or a light snack (Friday).

Cornerstone of Hope is dedicated to providing a variety of support groups for grieving children, teens and adults. Registration prior to the start of the quarter is required for participation.



A CENTER FOR GRIEVING
CHILDREN, TEENS, AND ADULTS

CLEVELAND

5905 Brecksville Road
Independence, Ohio 44131
216.524.HOPE(4673)

cornerstoneofhope.org