

F.L.I.G.H.T. | SUPPORT GROUP

FAMILIES LIVING IN GRIEF & HEALING TOGETHER



Monday Evenings from 6:00 PM to 8:00 PM

Winter Session: January 22 - March 12, 2018

Spring Session: April 1 - June 4, 2018

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

This group is specifically designed for families that are grieving the loss of a loved one. Groups are divided by age, and Art Therapists and licensed Grief Counselors use art projects, games, stories and discussion to help you along your grief journey.



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

Groups will be divided by age:

0-5 years old, Free Babysitting Provided

6-12 years old, Kids Group

13-18 years old, Teen Group

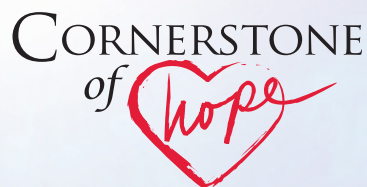
18 and older, Adult Group

Open to all, regardless of ethnic, cultural & faith backgrounds. Led by professionally trained and experienced facilitators. Session is eight weeks in length and each meeting is 2 hours. Provided at no charge to you, and includes a light dinner.

"I really like this group a lot. It helps me learn new ways to show my emotions. I feel that families that don't have help with their grief, should be able to express themselves too. It was a great experience with laughter, crying, happiness, and new friends. All families should be able to grieve."

-Toneshia, teen support group member

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