Saturday Mornings
January 23, 2016 – April 2, 2016
9:00 AM to 11:00 AM
Registration is required and a mandatory intake meeting must be completed by January 4th.

When parents are dealing with the death of a child, their grief can be complicated. With this in mind, Cornerstone of Hope has a group specifically for those who have experienced this monumental loss. General grief issues will be addressed, but we will also discuss the specific needs that arise after a death of an infant, whether through miscarriage, neo-natal, still birth or other infant loss (ages 2 and under). We invite you to attend and talk with others who understand the depth of your grief.

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 breakfast and free baby sitting is included if needed.

“My experience was very positive. I now know how to cope with my loss. I feel like I can move on with my life. Cornerstone was a ray of hope. I would recommend Cornerstone to anyone suffering a loss.”
- Karen, 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.
Monday Evenings
January 25, 2016 – April 10, 2016
6:00 PM to 8:00 PM
Registration is required and a mandatory intake meeting must be completed by January 4th.

When a person has lost a loved one by suicide, their grief can be complicated. With this in mind, Cornerstone of Hope is offering a group specifically for these survivors. General bereavement issues will be addressed but with particular attention given to the specific needs that arise due to loss from suicide.

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

“Not only was I able to learn to deal with the loss I just experienced, but I was shocked at how much it helped me with the loss of my father years ago. This was such a good experience for me, and would recommend these groups to people I know.”
- Anonymous, Group Member

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Monday Evenings
January 25, 2016 – April 10, 2016
6:00 PM to 8:00 PM
Registration is required and a mandatory intake meeting must be completed by January 4th.

When a person has lost a loved one to murder, their grief can be complicated. With this in mind, Cornerstone of Hope is offering a group specifically for those dealing with this tragedy. General bereavement issues will be addressed but with particular attention given to the specific needs that arise after a traumatic death.

Open to all, regardless of ethnic, cultural & faith backgrounds. The opportunity for you to join an inclusive group of individuals, who share common experiences.

Led by professionally trained and experienced facilitators. Session is ten weeks in length and each meeting is 2 hours. Provided at no charge to you, and includes a light dinner.

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I have come to learn that the grief journey is HARD. However, in this grieving process I am grateful for the knowledge that Cornerstone of Hope has shared with me. I have gained a much greater understanding of the grieving process and what it holds. I understand my emotions and reactions, and now feel equipped to tackle this huge change in my life.

-Lynn, Support Group Member
Monday Evenings
January 25, 2016 – April 10, 2016
6:00 PM to 8:00 PM
Registration is required and a mandatory intake meeting must be completed by January 4th.

Over the past year, Cornerstone of Hope has recognized a great need for a support group for families that have lost a loved one to accidental overdose. This unique loss can leave families with many unanswered questions along with a myriad of difficult emotions. This group hopes to bring people together who have experienced similar losses, offer some education about the addiction process, offer support for the numerous emotional reactions to this particular loss, and provide some helpful insight into moving forward with hope.

We provide the opportunity for you to join an inclusive group of individuals, who share common experiences.

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

“This experience has given me the encouragement I needed to go on and lead a full life. To help others with their grief. To do the things I enjoy without feeling guilt. I certainly am grateful for the experience”
- Dorie, Group Member

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Tuesday Evenings
January 19, 2016 – March 22, 2016
6:00 PM to 8:00 PM

Registration is required and a mandatory intake meeting must be completed by January 4th.

This group is for people who are ages 18 through 32 years old and grieving the loss of a loved one. This group brings people together, and because of their age, they are able to find a strong support system together.

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

“Participating in this group has given me many things. I have formed relationships that will continue far past these 8 weeks. I have gained the knowledge that I am not alone in my grief, and above all, this group has given me strength. Strength to face my grief without holding back, for that is the only way to face it.”

-Katherine, Group Member

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Adult Grief Support | All Loss Types

Wednesday Evenings
6:00 PM to 8:00 PM
Registration is required and a mandatory intake meeting must be completed by January 4th.

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 nine 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).

Friday Afternoons
January 22, 2016 – April 1, 2016
1:00 PM to 3:00 PM

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

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.
Thursday Evenings
January 21, 2016 – March 24, 2016
6:00 PM to 8:00 PM
Registration is required and a mandatory intake meeting must be completed by January 4th.

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.

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.

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

“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.
Friday Mornings
January 22, 2016 – April 1, 2016
10:00 AM to 11:30 AM
Registration is required and a mandatory intake meeting must be completed by January 4th.

Bible Study will help you explore God’s Word in light of grief and the spiritual issues that accompany it. It is a safe place to share your beliefs, and will help build your relationship with God while building friendships. *You must have previously completed a Cornerstone of Hope Support Group in order to enroll in this group.

Cornerstone offers topical Bible study covering key elements of the grieving process. Studying the Bible can help in understanding God’s role and power in our healing.

“When you are in a group that has a common factor, you feel able to share your true feelings. It is a blessing for the fellowship with others, which leads to friendship. This is an amazing place. As you enter the driveway, I feel so much peace. I miss this place and the people when there is a break between group sessions. Thank you Cornerstone for being here.”
- Nancy, Group Member

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