



Cornerstone of Hope offers a personalized support group experience, open to all, regardless of ethnic, cultural and faith backgrounds.

We offer structured grief support groups each quarter led by professional facilitators. Our grief support groups have a specialized curriculum according to the type of loss experienced and are designed to support the unique needs of grievers. At the weekly support groups, facilitators guide participants through issues specific to the loss type, and provide opportunities for them to share their feelings and experiences.

Each meeting includes a light meal and refreshments. Each group meets for 10 weeks from 6:00 P.M. to 8:00 P.M. at Cornerstone of Hope (5905 Brecksville Road, Independence, Ohio 44313).

### GET STARTED

In order to participate in a support group, you must complete an assessment and pay the \$75 fee. To schedule your assessment, please complete the support group interest form by scanning the code or call 216-524-4673 to speak with our Client Services Coordinator before these registration dates:

- Winter 2026 Groups: December 12, 2025
- Spring 2026 Groups: March 5, 2026
- Summer 2026 Groups: May 21, 2026
- Fall 2026 Groups: August 27, 2026



**Please note: No groups will run the week of June 29 - July 3, 2026 due to the holiday.**



### ADULT GRIEF

The death of a loved one can deeply impact every area of life. This group welcomes adults grieving any relationship loss and offers support, connection, and hope through shared experiences.

- Tuesdays, January 6 - March 10
- Tuesdays, March 24 - May 26
- Tuesdays, June 9 - August 18
- Tuesdays, September 15 - November 17

### CHILD LOSS

The death of a child leaves parents feeling heartbroken and alone. This group brings parents together, regardless of the child's age, to find support, understanding, and hope.

- Wednesdays, January 7 - March 11
- Wednesdays, March 25 - May 27
- Wednesdays, June 10 - August 19
- Wednesdays, September 16 - November 18

### CHILDREN'S GRIEF

Through education, peer support, and art therapy, children are given a safe space to explore their grief, express emotions, and find hope after loss.

### COMPLICATED LOSS

Grief can feel especially difficult when relationships were strained or affected by addiction, mental health issues, abuse, or other challenges. This group offers a safe place to process conflicting emotions, gain support, and move forward.

- Tuesdays, January 6 - March 10
- Tuesdays, March 24 - May 26
- Tuesdays, June 9 - August 18
- Tuesdays, September 15 - November 17

### GRANDPARENT GRIEF

Grandparents often carry a double burden after the loss of a grandchild while also supporting their grieving child. This group offers understanding, support, and connection with others facing a similar loss.

- Wednesdays, January 7 - March 11
- Wednesdays, March 25 - May 27
- Wednesdays, June 10 - August 19
- Wednesdays, September 16 - November 18

## MURDER LOSS

The murder of a loved one is a sudden and traumatic loss that can feel isolating and overwhelming. This group provides support, education, and understanding for those grieving this unique experience.

Thursdays, January 8 - March 12

Thursdays, March 26 - May 28

Thursdays, June 11 - August 20

Thursdays, September 17 - November 19

## PARENT LOSS

The death of a parent can leave a lasting emptiness no matter your age or stage of life. This group offers support, understanding, and connection for those grieving the loss of a parent.

Saturdays, September 19 - November 21

## PERINATAL AND INFANT LOSS

Losing a child during pregnancy or infancy is a devastating loss that is not always fully understood by others. This group provides support, connection, and hope for parents grieving miscarriage, stillbirth, neonatal, or infant loss.

Tuesdays, January 6 - March 10

Tuesdays, March 24 - May 26

Tuesdays, June 9 - August 18

Tuesdays, September 15 - November 17

## SIBLING LOSS

The death of a sibling can change lifelong relationships, family dynamics, and one's sense of identity. This group offers support, understanding, and connection for those grieving the loss of a brother or sister.

Saturdays, September 19 - November 21

## SUBSTANCE-RELATED LOSS

The death of a loved one from substance use can leave families with unanswered questions and complex emotions. This group offers support, education, and hope alongside others who understand this unique loss.

Thursdays, January 8 - March 12

Thursdays, March 26 - May 28

Thursdays, June 11 - August 20

Thursdays, September 17 - November 19

## SUICIDE LOSS

Grief after suicide often carries unique challenges, questions, and stigma. This group provides support, education, and understanding for individuals navigating the loss of a loved one to suicide.

Thursdays, January 8 - March 12

Thursdays, March 26 - May 28

Thursdays, June 11 - August 20

Thursdays, September 17 - November 19

## SUICIDE LOSS FOR PARENTS

The suicide of a child brings overwhelming grief and unique challenges for parents. This group offers compassionate support, understanding, and connection with others facing this profound loss.

Thursdays, January 8 - March 12

Thursdays, March 26 - May 28

Thursdays, June 11 - August 20

Thursdays, September 17 - November 19

## SPOUSE LOSS

The death of a spouse or significant other can leave a tremendous void in daily life. This group offers support, encouragement, and hope for those grieving the loss of a partner.

Wednesdays, January 7 - March 11

Wednesdays, March 25 - May 27

Wednesdays, June 10 - August 19

Wednesdays, September 16 - November 18

## TEEN GRIEF

Through education, peer support, and creative expression, teens are encouraged to explore their grief, connect with others, and find hope after loss.

## YOUNG ADULT GRIEF

This group is designed for adults ages 18-32 grieving the death of a loved one. Participants can connect with peers, gain support, and navigate grief alongside others in a similar stage of life.

Tuesdays, January 6 - March 10

Tuesdays, March 24 - May 26

Tuesdays, June 9 - August 18

Tuesdays, September 15 - November 17

## WHAT SHOULD I EXPECT?

- Weekly materials that include readings, resources, and exercises to help you make the most of your group experience.
- Groups are led by professionally trained and experienced facilitators.
- Cornerstone of Hope's support groups are open to all, regardless of ethnic, cultural and faith backgrounds.
- Loss specific groups so you are with others who have experienced a similar loss.
- Groups run weekly and are offered several times throughout the year.
- Our journey together begins with a fixed set of individuals, and no new members will be added during the session.
- Prior to the beginning of each session, a complimentary dinner is provided to promote fellowship and foster relationships.
- Each meeting is two hours in length, in a comfortable, safe environment.