

2024 GRIEF SUPPORT GROUPS

Cornerstone of Hope's support groups are open to all, regardless of ethnic, cultural and faith backgrounds and are led by professionally trained and experienced facilitators. In order to participate in a support group, you must complete an assessment and pay the \$75 fee.

***No groups will run the week of July 1 - July 5, 2024 due to the holiday.**

Please contact our office at 216-524-4673 to schedule your assessment with our Client Services Coordinator before these registration dates:

Winter 2024 Groups: Thursday, December 14, 2023

Spring 2024 Groups: Thursday, March 7, 2024

Summer 2024 Groups: Thursday, May 30, 2024

Fall 2024 Groups: Thursday, August 22, 2024

- OVERDOSE LOSS **SUPPORT GROUP**

Thursdays, January 11 - March 14
Thursdays, March 28 - May 30
Thursdays, June 13 - August 22
Thursdays, September 12 - November 14

- ADULT GRIEF **SUPPORT GROUP**

Tuesdays, January 9 - March 12
Tuesdays, March 26 - May 28
Tuesdays, June 11 - August 20
Tuesdays, September 10 - November 12

- CHILD LOSS **SUPPORT GROUP**

Wednesdays, January 10 - March 13
Wednesdays, March 27 - May 29
Wednesdays, June 12 - August 21
Wednesdays, September 11 - November 13

- COMPLICATED LOSS **SUPPORT GROUP**

Tuesdays, January 9 - March 12
Tuesdays, March 26 - May 28
Tuesdays, June 11 - August 20
Tuesdays, September 10 - November 12

- GRANDPARENT GRIEF **SUPPORT GROUP**

Wednesdays, January 10 - March 13
Wednesdays, March 27 - May 29
Wednesdays, June 12 - August 21
Wednesdays, September 11 - November 13

- MURDER LOSS **SUPPORT GROUP**

Thursdays, January 11 - March 14
Thursdays, March 28 - May 22
Thursdays, June 13 - August 22
Thursdays, September 12 - November 14

- PERINATAL & INFANT LOSS **SUPPORT GROUP**

Tuesdays, January 9 - March 12
Tuesdays, March 26 - May 28
Tuesdays, June 11 - August 20
Tuesdays, September 10 - November 12

- SPOUSE LOSS **SUPPORT GROUP**

Wednesdays, January 10 - March 13
Wednesdays, March 27 - May 29
Wednesdays, June 12 - August 21
Wednesdays, September 11 - November 13

- SUICIDE LOSS **SUPPORT GROUP**

Thursdays, January 11 - March 14
Thursdays, March 28 - May 30
Thursdays, June 13 - August 22
Thursdays, September 12 - November 14

- SUICIDE LOSS **SUPPORT GROUP** FOR PARENTS

Thursdays, January 11 - March 14
Thursdays, March 28 - May 30
Thursdays, June 13 - August 22
Thursdays, September 12 - November 14

- YOUNG ADULT GRIEF **SUPPORT GROUP**

Tuesdays, January 9 - March 12
Tuesdays, March 26 - May 28
Tuesdays, June 11 - August 20
Tuesdays, September 10 - November 12

Each meeting includes a light meal and refreshments.
All groups are held at Cornerstone of Hope and are two hours in length (6:00 P.M. to 8:00 P.M.)



**Cornerstone
of Hope**

CREATING A WORLD WHERE NO GRIEVING PERSON JOURNEYS ALONE.

5905 Brecksville Road, Independence, OH 44131 | 216-524-4673 | [cornerstoneofhope.org](https://www.cornerstoneofhope.org)

ADDITIONAL PROGRAMS FOR GRIEVERS

Survivors of Suicide Loss Group Support Network

Explore new roads to healing & growth. This group support network is for adults looking to learn more about suicide loss or for those grieving the loss of a loved one to suicide. Each session uses a survivor focused approach and features individual and group peer support, resources, information, and activities.

2nd Monday of each month | 6:00 P.M. - 7:30 P.M.



Free to attend, but please register by scanning the code or visiting cornerstoneofhope.org.

Mom's Club

This program is a monthly gathering for moms who have lost an infant, and want to connect with other moms in a similar situation. Please join us for a time of fellowship, tea, and encouragement.

3rd Saturday of each month | 9:00 A.M. - 11:00 A.M.



Free to attend, but please register by scanning the code or visiting cornerstoneofhope.org.

T.A.P.S. (Tragedy Assistance Program for Survivors)

TAPS is tragedy assistance for anyone who has lost a military loved one, regardless of the relationship or the circumstances of the death. Founded in 1994, TAPS is a front line resource to military families. We invite you to join us as we provide support, care and hope with fellow survivors in a spirit of friendship and understanding. You do not have to attend every month, only when you are able or feel that you need support.

1st Saturday of each month | 10:00 A.M. - 11:30 A.M.

To register or for questions, please contact Bob Derga at rderga@gmail.com or 330-224-1238.



HOLIDAY GRIEF SUPPORT

These sessions are open and free to anyone regardless of when your loss was or if you have previously been through a Cornerstone group. The holidays can be difficult for the bereaved. Please join us for tips on how to cope with the holidays and create a small memorial project.

Friday, November 8, 2024 | 1:00 P.M. - 2:00 P.M.
Thursday, December 12, 2024 | 6:00 P.M. - 7:00 P.M.



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