

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 group meets for 10 weeks.

#### 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.



#### **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 interest form by scanning the code or call 216-524-4673 to speak with our Client Services Coordinator.

# **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.

2<sup>nd</sup> & 4<sup>th</sup> 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.

### **Survivors of Homicide Loss Group Support Network**

Explore new roads to healing & growth. This support network is for adults grieving the loss of a loved one to homicide. Each session uses a survivor focused approach and features individual and group peer support, resources, and information.

2<sup>nd</sup> Tuesday of Each Month | 6:00 P.M. - 7:30 P.M. Cleveland Division of Police, Third District 4501 Chester Avenue, Cleveland, OH 44106



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

#### In collaboration with:





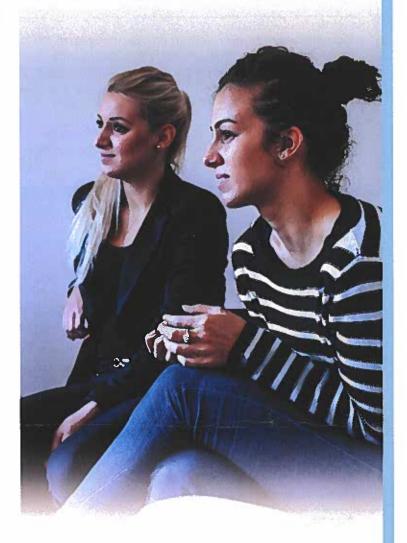




#### Mom's Club

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.

3<sup>rd</sup> Saturday of Each Month | 9:00 A.M. - 11:00 A.M.



### 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.

