Helpful places to find Grief Support:

This Support list is in no particular order and is not a comprehensive list of all services available. There are many Grief Support resources. These are the commonly used resources in our area.

Catholic Cemeteries Association Bereavement Support - [www.clecem.org](http://www.clecem.org)
Free of charge; Open support group sessions held monthly on the 3rd Sunday of each month (4th Sunday if holiday falls on the 3rd Sunday). Rhonda Abrams/Bereavement Coordinator [rabrams@clecem.org](mailto:rabrams@clecem.org) 216/930-4866

3 – 4:00 pm In-Person Grief Support – Meets in main office buildings

- All Saints, Northfield | 480 W. Highland Road
- All Souls, Chardon | 10366 Chardon Road
- Calvary Cleveland | 10000 Miles Avenue
- Holy Cross, Akron | 100 E Waterloo Road
- Holy Cross, Brook Park | 14609 Brook Park Road
- St. Joseph, Avon | 32789 Detroit Road

5 - 6:00 pm Virtual Grief Support group meets via Zoom

Sign-up at [https://bit.ly/ccavirtualgriefsupportgroup](https://bit.ly/ccavirtualgriefsupportgroup) to receive login information and to download the handout materials. You can join virtually from any Wi-Fi enabled area via computer, laptop, smartphone, or even without Wi-Fi (via audio only) from your analog phone. If you do not have Wi-Fi or email, please contact Rhonda at 216-930-4866.

*Your RSVP for both In-Person and Virtual Grief Support is appreciated but not required to attend.*

“A Closer Walk With Thee” – CCA Monthly Grief Support E-Newsletter:

This e-newsletter is emailed the first Tuesday of each month to any family/individual who has expressed an interest in our bereavement programs. To subscribe to this valued grief support resource, go to the signup form at [https://bit.ly/ccabereavementbulletin](https://bit.ly/ccabereavementbulletin) or contact Rhonda at rabrams@clecem.org or 216-930-4866.

Local parishes – Various parishes have existing Grief Support groups. If yours does not, let us help you start one at your parish.

Catholic Charities, Diocese of Cleveland

- Central Intake Helpline 1-800-860-7373 Mon – Fri 8am – 4pm
- General Information 216-334-2900
- Emergency Assistance 216-781-8262
- Counseling/Addictive Service 216-391-2030
- Marriage/Family Life Office 216-332-2974

United Way First Call for Help - dial 211 24/7 Helpline

18,000+ Government, health and social service programs

Certified Community Response Specialists (Includes grief support)

Frontline Service – 24/7 Crisis Hotline 216-623-6888

Reaching out to adults and children in Northeast Ohio to end homelessness, prevent suicide, resolve behavioral health crises, and overcome trauma.
Ohio Care Line: 24/7 Mental Health Careline
Confidential support in times of personal or family crisis when individuals may be struggling to cope with challenges in their lives.
When callers need additional services, they will receive assistance and connection to local providers.

Cornerstone of Hope - www.cornerstoneofhope.org
216-524-HOPE (4673) or 3787
Independence OH, Lima OH, and Columbus OH
*Individual, Group, and Telehealth (Virtual) Grief Support Services* - Grief support groups have a specialized curriculum according to the type of loss experienced and are designed to support the unique needs of the griever. https://cornerstoneofhope.org/cleveland/support-groups/

Holy Family Hospice (St. Augustine Health Ministries)
440-888-7722 - Erin or Carrie
Cleveland (West)
www.staugministries.org/holy-family-hospice/grief-spiritual-support/
Bereavement services for anyone in the community experiencing loss due to death, *even if your loved one was not a Holy Family patient.*
- Up to 13 months of grief counseling and support to spouses, family members and close friends of a loved one
- Supportive phone calls to family members who have lost a loved one
- Bereavement counseling for individuals and families
- Eight-week grief support groups
- Monthly on-going support groups
- Monthly Memorial Mass
- Education resources

Hospice of the Western Reserve
Cleve (East) 216-486-6838, Medina 330-725-1900 or 800-700-4771, available on-site, in home, and other locations.
Services available to the entire Northern Ohio region.
www.hospicewr.org/patients-and-caregivers/grief-and-loss

The Gathering Place
Cancer Support
(Beachwood and Westlake) 216-595-9546
www.touchedbycancer.org/resources/grief-loss

Stewart's Caring Place
Cancer Support
(West Akron) 330-836-1772
www.stewartscaringplace.org/programs-and-services/support-groups/

The Compassionate Friends
Loss of a child
877-969-0010 to find closest location
Parma chapter 440-327-8678, Gates Mills chapter 216-586-7144, Mentor chapter 440-479-0225
www.compassionatefriends.org
Joel's Place
For grieving children ages 5 – 18;
Support group for parents and caregivers meets simultaneously.
440-248-4412 Avon, Bay Village (Cleve – West)
www.joelsplaceforchildren.org

Becky Verner “Yoga to Remember”
A remembrance-themed yoga practice that consists of gentle yoga, breathwork, and meditation.
https://www.beckyverneryoga.com/contact

Kelly’s Grief Center
Kent, OH
330-593-5959
www.kellysgriefcenter.org

The Grief Care Place
Stow, OH
330-686-1750
www.thegriefcareplace.org

HEAL (Helping Each Other After Loss)
Pregnancy/Early infant loss
216-884-8254 Cleveland

NAMI – National Alliance on Mental Illness
The nation’s largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Peer to Peer Support – Family Support – Counseling; Support Groups; Education. – Advocacy.
https://www.nami.org/findsupport 800-950-NAMI or if in a crisis, text “NAMI” to 741741
NAMI (Geauga County) - “Growth Through Grief” Support Group – Support after suicide and other traumatic deaths. Adults 18 and older. 2nd and 4th Wednesdays each month 7p to 8:30p
440-286-6264 - www.namigeauga.org
NAMI (Greater Cleveland) - https://namigreatercleveland.org/ - Helpline 216-875-7776
NAMI (Medina County) - https://namimedina.org/ - Helpline 1-800-273-8255
NAMI (Summit County) - https://namisummit.org/ - Helpline 330-252-1188
NAMI (Portage County) - http://www.namiportagecounty.org – Helpline 570-801-0516

GriefShare
Weekly 13-week program based on video classes, group discussion, and personal study reflection.
www.griefshare.org/groups/search to find closest group

Cleveland Clinic https://my.clevelandclinic.org/patients/information/bereavement
330-668-4672 or 800-335-1455 ext. 84672 or Hotline 844-20-GRIEF (47433)
Monthly drop-in groups, and weekly 6-8-week Intensive support group sessions
Virtual Grief Support signup – 216-444-9819
Main Campus (Cleveland – East)
Stephanie Tubbs Jones Health Center (East Cleveland)
Fairview Hospital Wellness Center (Rocky River)
Hillcrest Hospital (Mayfield Hts.)
Justin T. Rogers Hospice Care Center (Akron)
Online Grief Resources (Articles, education, interviews, blogs, etc.)
Helpful Websites

What’s Your Grief
Grief/bereavement education for adults, teens and children; specializing in social media resource sharing including video, music, and articles.
https://whatsyourgrief.com/

Open to Hope
Video interviews, articles, and blogs.
www.opentohope.com

Living With Loss
Bereavement magazine.
www.livingwithloss.com

Center For Loss & Life Transition
Books and resources through the Alan Wolfelt, PhD, Center for Loss Program.
www.centerforloss.com

The Grief Recovery Method
Bereavement support for adults (Intensive).
www.griefrecoverymethod.com

Grief Watch
Resources for bereaved families.
www.griefwatch.com

The Compassionate Friends
National bereavement support group locator.
www.compassionatefriends.org

Grief Healing
Bereavement support blog.
www.griefhealing.com

My Grief Angels
Nonprofit online bereavement support and education organization.
www.mygriefangels.org

Grief.com
Provides resources on grieving and lists of grief counselors and support groups.
www.grief.com

Good-Grief
Child grief support and school advocacy - Teaching resiliency and facilitating healthy coping for children and their families
https://good-grief.org/

Hope for the Broken Hearted
Resources and encouragement for grief and loss.
www.hopeforthebrokenhearted.com
If you have others that you would like us to consider adding to the list, please email us at email@clecem.org.

PLEASE NOTE: These websites are not endorsed by the Catholic Cemeteries Association. The CCA is not responsible for the content featured on any of these websites.