



Bereavement Resource Guide



CATHOLIC CEMETERIES ASSOCIATION
DIOCESE OF CLEVELAND

Faith, Hope, and Remembrance

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

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 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> 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> 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

Geauga County 440-285-3537

Lake County 440-352-6191

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

1-800-720-9616

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 grievers. <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://namimedinacounty.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/>

Silent Tears

Facebook group to share personal stories of loss and connect with others.

www.facebook.com/groups/1634957423474254/

Griefshare.org

Resource to find support groups in your area

www.griefshare.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.