Rochester Support Groups
Winter 2020

Our programs are open to hospice families and the general community. All groups on this list meet at the David H. Klein Center for Compassion and Healing, 3111 Winton Road South, Henrietta – unless another location is identified.

Please call the Center for Compassion and Healing at 585-475-8800 to register for all of our support groups.

Family Caregiver Support and Education

WELLNESS DAYS FOR FAMILY CAREGIVERS
Workshops are offered on the 3rd Friday of each month from 10-11:30AM with suggestions on problem-solving, dealing with stress, and finding resources. No fee. Facilitator: Linda Eaton.

Bereavement Groups

GENERAL BEREAVEMENT GROUPS for people who’ve lost a loved one (any relationship, any time). No fee.

“HEALING AND HOPE”
Every Thursday, 5:30-7:00 p.m.
Facilitated by Glen Burkhardt; meets at the Center for Compassion and Healing.

“WESTSIDE GROUP”
2nd & 4th Tuesdays, 5:30-7:00 p.m.
Gates Presbyterian Church
1049 Wegman Road.
Facilitated by Rayann Ranzenbach.

“DAYTIME/WESTSIDE GROUP”
2nd and 4th Fridays, 1:00-2:30 p.m.
John Knox Presbyterian Church, 3233 W. Ridge Rd., Greece. Facilitated by Rayann Ranzenbach & Barbara Maggio.

SURVIVING SPOUSES BEREAVEMENT GROUP
8-week series for widowed men and women. Meets Wednesdays 5:30-7:00 p.m. Next series begins March 11. Facilitated by Jim Reed and Linda Eaton. Fee: $7 per session or $49 prepaid for 8 weeks.

JANUS GROUP AND “AMONG FRIENDS”
For surviving spouses who have completed 8-week series. JANUS & “Among Friends” offer a continuation of grief work. $5 per session. Facilitated by Theo Munson and Michael Buonaccorso.

DAYTIME SURVIVING SPOUSES GROUP (SENIORS)
Meets 1st and 3rd Mondays, from 1:30-3:00 p.m.
No fee. Facilitators: Renee Ostromnecki, Jim Reed and Arlene Levit

YOUNG WIDOWS/WIDowers BEREAVEMENT GROUP
Surviving spouses ages 20 to 45 meet 1st and 3rd Tuesdays at 6:30-8:00 p.m. at the Center for Compassion and Healing. $5 donation to hospice requested.* Facilitated by Suzanne Lasher.

YOUNG ADULT PARENT LOSS GROUP
For young adults approximately ages 18-35. Meets 2nd and 4th Tuesday of each month, 5:30-7:00 p.m. Facilitated by Margaret Mathews. No fee.

PARENT LOSS BEREAVEMENT SUPPORT GROUP
For adults who have lost one or both parents.
Meets 1st and 3rd Tuesdays, 6:30-8:00 p.m.
Facilitated by Margaret Mathews. $3 - $5 donation requested.*

BREAKFAST AT BAYFRONT
This group gathers the 1st Tuesday of each month at 8:30 a.m. at Bayfront Restaurant on Empire Blvd. Facilitator: Kathi Salico.

HEALING AFTER SUICIDE LOSS
Meets 1st and 3rd Tuesdays, from 6:30-8:00 p.m. No fee. Facilitated by Karen Heisig and Kelly Mohrman.

STANDING TALL: A VETERANS SUPPORT GROUP
Facilitated by Veterans for Veterans who have lost a love one of any relationship. Meets the 2nd and 4th Mondays from 1-2:30. No fee. Facilitated by Ron Trovato.

“A CARING PLACE”
Professionally-led, age-related structured sessions for children, teens and their parents or guardians. Next series begins March 30. Suggested donation of $20 per family.* Please call 585-214-1414 for more information and to receive information about upcoming events.

WRITING: A WAY THROUGH GRIEF
8-week series. No writing skills necessary and topics will include tips on journaling, reprints and suggested books. Next series begins this spring. Please call for information.

HEALING AFTER LOSS FROM ADDICTION OR OVERTDOSE
Meets 1st and 3rd Thursdays from 5:30-7p.m. Facilitated by Janet Bratt and Kathryn Thompson.

Need more information? Want to refer? Call The Center for Compassion and Healing at (585) 475-8800.
Wayne and Seneca County Support Groups
Winter 2020

Our programs are open to hospice families and the general community.
No registration is required for bereavement support groups unless otherwise indicated. There is no fee for services.

Please call the Center for Compassion and Healing at 585-475-8800 to register for all of our support groups.

Family Caregiver Support and Education

CAREGIVERS SUPPORT GROUP IN ONTARIO COUNTY
For people caring for or about a seriously ill or chronically ill family member.
Located in the Captain’s Quarters at the Canandaigua Wegmans.
Meets the 1st and 3rd Fridays of every month from 10-11:30am. Please call 585-214-1414 with any questions.

Bereavement Groups

“STEPPING STONES”
Professionally-led, age-related structured sessions for children, teens and their parents or guardians. Next series begins March 31 in Newark.
Please call 585-214-1414 for more information and to receive information about upcoming events.

NEWARK SUPPORT GROUP
Meets on the 1st and 3rd Thursdays each month from 6:30-8p.m. Located at the Newark Lifetime Care Office, 800 W. Miller St.

ONTARIO SUPPORT GROUP
Meets on the 2nd and 4th Thursdays each month from 6:00-7:30 p.m. Located at St. Maximilian Kolbe Parish of St. Mary’s on the Lake, 5823 Ontario-Walworth Rd.

WATERLOO SUPPORT GROUP
Meets on the 2nd and 4th Mondays each month from 7:00-8:30 p.m. Located at the Seneca County Office for the Aging, 2465 Bonadent Drive, Suite 4.

Cancer Support Group

SODUS CANCER SUPPORT GROUP
Meets on the 1st and 3rd Thursdays each month from 5-6:30p.m. Located at Father Cavanaugh Parish Center, Church of the Epiphany, 105 W. Main Street, Sodus, NY.

*Since Hospice is recognized as a public charity, donations are tax deductible as permitted by law.