

Bereavement Resources for Those Who Have Experienced the Death of a Spouse:

Cleveland Clinic: [2024 Spring Bereavement Groups & Events](#)

Partner/Spouse Loss

This weekly series is for adults who wish to connect with others who are experiencing the loss of a spouse. Attendees can expect a caring and confidential environment and learn healthy and effective coping skills while meeting others.

DATES: Mondays, Jun. 3 – Jul. 22

TIME: 3:30 – 5:00 p.m.

Cleveland Clinic Hospice Bereavement Support Groups are focused on caring for you through compassionate listening and quality grief education. The free services are provided to anyone needing support on their grief journey. ***Group gatherings are currently offered online through Microsoft Teams unless otherwise stated.*** To sign up for any group, please call 216.444.9819.

Monthly Hospice Bereavement Support Groups

Partner/Spouse Loss

This monthly drop-in group is for adults who wish to connect with others who are experiencing the loss of a partner.

DATES: 2nd Tuesday of each month

TIME: 4:00 – 5:00 p.m.

<https://my.clevelandclinic.org/patients/information/bereavement/support-groups>

Cornerstone of Hope

In Cleveland and Columbus, 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 grief reactions and issues specific to the loss type and provide opportunities for participants to share their feelings and experiences. Each group meets for 8-10 weeks.

Each meeting includes a light meal or refreshments. In order to participate in a support group, you must complete an intake and pay the \$75 intake fee. Please contact our office at 216-524-4673 to schedule your intake before these registration dates:

2024 SPOUSE LOSS SUPPORT GROUP

Wednesdays, January 10 - March 13

Wednesdays, March 27 - May 29

Wednesdays, June 12 - August 21

Wednesdays, September 11 - November 13

<https://cornerstoneofhope.org/wp-content/uploads/2024/03/2024-SG-Listing-Edu-Series.pdf>

Online resources for widows/widowers:

<https://nationalwidowers.org/>

<https://widowsconnection.org/>

<https://sisterhoodofwidows.com/>

<https://www.joincake.com/blog/widow-support-groups/>

While an online community is a great way to begin your own emotional healing, it is also beneficial to find in-person support. You might be surprised by just how many groups are available in your area. Here are some tips for finding the right group near you.

Start with the list above

Your first step is to use the list of online groups above. Many of these include an in-person group search feature. The larger, national organizations are often facilitating in-person meetings, especially around larger cities.

Ask local organizations

If you don't have any luck with the organizations above, think local. In-person grief support groups are typically held at:

- Libraries
- Community centers
- Senior centers
- Churches

Search online for places and organizations near you to see what they offer. You might also need to call and ask yourself. Don't feel uncomfortable about asking — it's common to ask about emotional support groups. They're more common than you think.

Browse Meetup.com

[Meetup](#) is an online platform for connecting with others with similar interests. It's not just used for fun activities and hangouts. Many widow groups post on Meetup to arrange local events, support groups, and more. Search your local area to see what's near you.

Search "widow support group + your city"

Don't underestimate the power of a simple Google search. By searching your city name and "widow support group" or "grief support group," you might find just what you're looking for. It's also effective to search for these events on social media as well.

Create your own group

Finally, if you don't find what you're looking for, why not start your own group? You don't have to face these feelings alone. More likely than not, there are others locally who are dealing with a similar type of loss.

They might be waiting for an opportunity to connect with others in the same situation. Reach out to local community centers, churches, and organizations to start your own support group.