

Rochester Support Groups

Our programs are open to hospice families and the general community. All groups on this list meet at 330 Monroe Avenue, Rochester, NY 14607 – 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 1st and 3rd Fridays of each month from 10-11:30AM with suggestions on problem-solving, dealing with stress, and finding resources. No fee.

Bereavement Groups

OPEN 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. 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.

“DAYTIME/WESTSIDE GROUP”

2nd and 4th Fridays, 1:00-2:30 p.m. John Knox Presbyterian Church, 3233 W. Ridge Rd., Greece.

SURVIVING SPOUSES BEREAVEMENT GROUP

8-week series for widowed men and women. Offered five times a year, and meets Wednesdays 5:30-7:00 p.m. Call for more information and to register. \$49 donation requested for the series.*

JANUS GROUP AND “AMONG FRIENDS”

For surviving spouses who have completed 8-week series. JANUS & “Among Friends” offer a continuation of grief work. \$5 donation requested per session.*

DAYTIME SURVIVING SPOUSES GROUP (SENIORS)

Meets 1st and 3rd Mondays, from 1:30-3:00 p.m. No fee.

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.*

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. No fee.

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.

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. \$3 - \$5 donation requested.*

“A CARING PLACE”

Professionally-led, age-related structured sessions for children, teens and their parents or guardians. Offered several times a year. Suggested donation of \$10 per family.* Please call 585-214-1414 to register.

BREAKFAST AT BAYFRONT

This group gathers the 1st Tuesday of each month at 8:30 a.m. at Bayfront Restaurant on Empire Blvd.

WRITING: A WAY THROUGH GRIEF

8-week series offered twice a year. No writing skills necessary and topics will include tips on journaling, reprints and suggested books. \$5 donation requested.*

HEALING AFTER SUICIDE LOSS

Meets 1st and 3rd Tuesdays, from 6:30–8:00 p.m. No fee.

HEALING AFTER LOSS FROM ADDICTION OR OVERDOSE

Meets 1st and 3rd Thursdays from 5:30-7p.m. No fee.

Wayne and Seneca County Support Groups

Our programs are open to hospice families and the general community.
. 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.

Bereavement Groups

"STEPPING STONES"

Professionally-led, age-related structured sessions for children, teens and their parents or guardians. Next series begins in February on Tuesday evenings.
Call 585-214-1414 to register.

NEWARK SUPPORT GROUP

Meets on the 1st and 3rd Thursdays each month from 6:30-8:30 p.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 6:00-8:00 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.