

# OhioHealth Grief Support Groups

FALL 2024 (effective 9/1/2024)

Adult Services: [griefsupport@ohiohealth.com](mailto:griefsupport@ohiohealth.com); 614-533-6060

Child/Adolescent Services: [youthgrief@ohiohealth.com](mailto:youthgrief@ohiohealth.com); 614-566-1728

Below is the list of our current FREE in-person and virtual grief support groups for anyone who has experienced the death of someone in their life. Please allow 5-7 days for your request to be processed.

## Registration is required.

To register, please call 614-533-6060 or email [griefsupport@ohiohealth.com](mailto:griefsupport@ohiohealth.com) and provide the following information:

- your first and last name
- personal email address
- personal phone number
- mailing address
- name of & relationship with your loved one, and date of his/her death
- the **specific name** of each group you wish to attend, including the start date and meeting time

## In-Person Groups (Central Ohio)

**Steps Toward Healing** — This 6-8week grief group is for adults who have lost a loved one. Participants learn what experiences are common and normal in the grief process. Tools will be shared to help participants express and manage grief on those emotionally difficult days. Regular weekly attendance is encouraged, as group support is an important dynamic in this class. Two separate groups will be offered this quarter:

**Mondays, Sept 9th through Oct 14th from 1:30pm-3pm** at Kobacker House with Faith Kennedy, LISW

**Mondays, Sept 23rd through Nov 11th from 6-7:30pm** at Dublin Methodist Hospital with Tracy Youger, MSW, LISW

**Wednesdays, Oct 23rd through Dec 18th from 6:30-8pm** at Kobacker House with Stacie Sholl, MSW, LISW-S

**Healing with the Hounds** — This group is for pet lovers to come together, mingle with the mutts, and experience the unconditional love and the healing power that only animals can bring. This program is in partnership with “Help Save Pets.” Space is limited and registration is required. This group will meet on **Saturday, November 9th from 10am-11am**, located at the Animal Medical Center, 535 Officenter Place, Gahanna, OH 43230. Sarah Phillips, LISW-S.

**Healing Drumming Circle** — Drumming can accelerate physical and emotional healing, boost the immune system, and have a calming effect. This ancient ritual remains alive today. Join us in the spirit of remembrance. Children are welcome and no experience is required. Drums will be provided or you may bring your own. Sessions for this group will be scheduled approximately every other month. The next two sessions will meet on **Sunday, September 22nd and Sunday, November 10th at 2pm**. Gahanna Library, 310 Granville St, Gahanna, 43230. Sarah Phillips, LISW-S.

**Positively Grieving: Eastside Group** — This open monthly support group will focus on our strengths and celebrate the hard things that we continue to face and conquer as we continue to grieve. This group will meet on the **1st Tuesday of each month from 7pm-8:30pm** at the Remax Town Center Office, 4349 Easton Way, Suite 110, Columbus 43219. Parking is in the rear of the building. Co-facilitator Kelsie, the bereavement therapy dog, will also be in attendance. Sarah Phillips, LISW-S.

**Rambling Walk** — Being outdoors is an important part of caring for oneself and one of many paths to healing. This group explores pet-friendly Columbus area metro parks. *Leashed* pets are welcome to join us on our walks. This group will meet on the **3rd Saturday of each month at 9am**. Registered participants will receive an email with the park location a few days prior to each walk. This group is facilitated by hospice volunteers, Kathy Kennedy and Steve Herminghausen.

**Young Adult Group**—Monthly group supporting young adults (ages 18-25) as they navigate their feelings and responses to grief while gaining independence and tackling new life challenges. If interested, please email for dates and times offered. Lauri Yersavich, MS, LSW, CCTP and Sarah See, MS, LPC, CCTP.

**Mahjong (Experienced Players)** - For those who have already learned the American version of the game, bereaved players continue to meet weekly at various locations. Call for additional information regarding locations and times.

## **In-Person Groups (Central Ohio) - continued**

**Pregnancy and Infant Loss Fall Candlelight Planting Memorial and In-person Support Group - Tuesday, October 1st, from 6:30-9:00pm** located at Kobacker House Memorial Garden-if interested-please reach out to Kari Douglas at email: [griefsupport-Mansfield@ohiohealth.com](mailto:griefsupport-Mansfield@ohiohealth.com).

**Pregnancy and Infant Loss Memorial Lantern Workshop - Monday, October 7th, from 6-8pm** located at Kobacker House Community Rooms A and B on the second Floor-if interested-please reach out to Kari Douglas at email: [griefsupport-Mansfield@ohiohealth.com](mailto:griefsupport-Mansfield@ohiohealth.com).

**Stitch Through Grief** - Participants will use their hands to knit, crochet, or loom while processing their grief. All forms of stitch work are welcome. No experience is needed. Looms and yarn will be available for those who are beginners (please identify your comfortability with stitch work at time of registration). This group will meet on the **1st Saturday of each month from 10am-11:30am** at Kobacker House. Ali Fister, MSW, LISW.

**A Mourning Walk in the Afternoon** — This exercise of remembrance will be a reflective, meditative, and guided walk at the Gahanna Woods State Nature Preserve, 1501 Taylor Station Road, Gahanna, OH 43230. This group will meet on **Saturday, October 5th at 1:30pm**. Please wear comfortable shoes, as the approximate distance is 1 mile, and the path involves hilly terrain and nature trails. Sarah Phillips, LISW-S.

**In-Person Groups (Mansfield)** *To register, call 567-217-3253 or email [griefsupport-mansfield@ohiohealth.com](mailto:griefsupport-mansfield@ohiohealth.com)*

**Connection at Kingwood Center Gardens** — Please join us for a walk around Kingwood Center Gardens and take in the beauty of nature. Connect with others that are on a journey of healing. Dress appropriately for weather conditions and wear comfortable footwear. This group will meet on the **1st Monday of each month from 10:15am-11:45am** at Kingwood Center Gardens, 50 Trimble Rd., Mansfield, OH 44906. Lisa Jamieson APHSW-C MSSA LSW.

**Grief in Common** — There is no right way to grieve, and you are not alone. Many grieving people are facing the similar struggles and finding support is important. If you have experienced the death of a loved one and want to connect with others, this group is for you. We will have group discussions about general grief concerns and get support from each other. This group will meet on the **2nd Monday of each month, starting August 12th, from 2pm-4pm** at Ontario Health and Fitness Center, 1750 West Fourth Street, Mansfield, OH 44907. Lisa Jamieson APHSW-C MSSA LSW.

**Grieve, Gather, and Grow Brunch for Women** — Register for brunch with women who are navigating grief. We will be sharing topics and resources to help and support each other. Each guest is responsible for the cost of their beverage or brunch. This group will meet on the **3<sup>rd</sup> Tuesday of each month at 10:30am**. Please call for location details. Lisa Jamieson APHSW-C MSSA LSW.

**Mourning Walk & Blooming In the Garden — An event for Adults and Children.** The adults will attend the reflective walk through the gardens and children (grades K-5th) will participate in a counselor-led walk with a special Star Wars themed craft. **Sunday September 15th from 2-4pm** at Kingwood Center Gardens, 50 Trimble Rd., Mansfield, OH 44906. Kari Douglas, LISW-S and Lisa Jamieson APHSW-C MSSA LSW, and Cindy Lewis, LISW-S, CTRP-C.

**Finding Joy After Loss** — Please join us to learn activities that help find meaning and joy after experiencing grief. This group will meet on the **1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month from 11am-12:30pm**. Please call for location details. Lisa Jamieson APHSW-C MSSA LSW.

**Lunch Bunch** — This social support is for those coping with the death of a loved one. The group objective is to enjoy lunch, meet new friends and feel supported in your grief. This group will meet on the **4th Tuesday of each month from 1pm-2pm** at Golden Corral, 575 N Lexington Springmill Rd., Mansfield, OH 44906. Lisa Jamieson APHSW-C MSSA LSW.

**Mourning Conversations for Men** — This grief support group is for men who have experienced the death of a loved one. This group will meet on the **1st Wednesday of each month from 9am-10:15am** at Paul Revere, 57 St. Rt. 97, Lexington, OH 44904. Lisa Jamieson APHSW-C MSSA LSW.

**Grief Movement Group** — Grief Movement is embodied work that uses movement, breath, and sound to release pain and struggle, allowing us to connect to more empowerment and love. Join this group to learn where the areas of your body store emotions, and positions that help to release those emotions, while also connecting with yourself at a deeper level. The movements are all completed in a chair and are low impact for all ages. No skills are needed. **In September, this group will continue to meet 2nd Wednesday 1pm-2pm**. Kari Douglas, LISW-S.

**PLEASE NOTE: Starting in October, the group will move to 1st and 3rd Mondays of each month from 9-10am.**

## **In-Person Groups (Athens)** *To register, call 740-517-4321 or email [Kelsey.Funk@ohiohealth.com](mailto:Kelsey.Funk@ohiohealth.com)*

**Mourning Coffee** — This grief group is open to anyone grieving the death of a loved one. Local coffee will be provided during each meeting. This group will meet on the **2nd Friday of each month from 9am-11am** at the Athens Public Library, 30 Home St, Athens, OH 45701. Kelsey Funk, LISW.

## **Art Workshops (Columbus)**

**Expressing Loss Through the Arts** — This 5-week adult grief support group utilizes art materials as tools for expression and healing while grieving. This group will meet weekly beginning on **Thursday, September 26th through October 24th from 5pm-7pm** at Kobacker House. Regular, weekly attendance is strongly encouraged. Teresa Neill-Green, ATR, BC, LSW, Fran Bednar, LISW-S, and Timberlee Harris, ATR-BC.

**Ceramic Memory Bowl** — This 5-week grief support group utilizes various hand-building techniques to create a ceramic memory bowl in honor of a loved one. This group will meet weekly beginning on **Tuesday, October 1st through October 29th** at the Ohio Craft Museum in Grandview Heights. There will be two class offerings: **1pm-3pm** (for adults only) and **6pm-8pm** (for anyone 13+ years and older). When registering, please indicate which time (afternoon or evening) you wish to attend. Weekly attendance is strongly encouraged to have sufficient time to complete this project. Teresa Neill-Green, ATR, BC, LSW and Fran Bednar LISW-S.

**Spirit Dolls** — Participants will create a spirit doll. The process provides the opportunity for reflection while producing a tangible reminder of what made this person special. No artistic skills are needed. Materials will be provided; however, you may bring your own piece of fabric, memento, or special item in remembrance of your loved one. This workshop will meet on **Thursday, November 7th from 5:30-7:30pm** at Kobacker House. Teresa Neill-Green, ATR, BC, LSW and Timberlee Harris, ATR-BC.

**Broken Pieces** — Participants will learn how to make mosaics (breaking glass, designing, adhering, grouting & staining the final product). Bereaved often share they feel broken after the loss of a loved one. This workshop will allow participants creative expression, while finding a way to mend their broken pieces. This workshop is two 2-hour sessions on **Tuesday, November 12th and 19th from 6-8pm** at Kobacker House. Attendance at both classes is required. Teresa Neill-Green, ATR, BC, LSW, Fran Bednar LISW-S, and Timberlee Harris, ATR-BC.

**Transitioning Through Grief** — This group will use a combination of art and journaling as a way to explore our grief and loss. This workshop will take place **Thursday, November 14th from 4pm-6pm** at Kobacker House. Teresa Neill-Green, ATR, BC, LSW, Timberlee Harris, ATR-BC.

**Mystery Making** — Participants will engage in the creative process while exploring their loss. The art medium used will be revealed at the group. This workshop will take place **Tuesday, December 3rd from 5pm-7pm** at Kobacker House. Teresa Neill-Green, ATR, BC, LSW, Timberlee Harris, ATR-BC.

## **Holiday Workshops**

**Coping Through the Holidays** — A group to learn, discuss and explore how to cope through the holidays without a loved one. This group will focus on navigating traditions, holiday gatherings, family dynamics and finding ways to memorialize a loved one at the holidays. **Thursday, December 12th from 6-7:30pm** at Kobacker House. Alexis Yates, MSW, LSW.

**Family Holiday Workshop** — *To register, call 614-566-1728 or email [youthgrief@ohiohealth.com](mailto:youthgrief@ohiohealth.com)*

The holiday season reminds us of traditions as we gather with family and friends. The absence of those who are missing is often heightened during this time. It can be helpful to recognize these traditions while remembering and honoring those who have died. Our licensed grief counselors will facilitate a holiday group discussion and commemorative hands-on activity for youth ages 6-15. Meanwhile caregivers are invited to participate in supportive discussion honoring their own grief journey with a bereavement counselor in a separate area of the facility.

*See below for dates and locations offered.*

**Monday, December 2nd from 5:30-7pm at The Arts Castle located at 190 W Winter St, Delaware, OH 43015**

**Tuesday, December 10th from 5-7pm at Kobacker House located at 800 McConnell Drive, Columbus, OH 43214**

## **Virtual Groups Using Zoom**

**Moving Forward** — This is 6-week grief group is for those who have attended a Step Towards Healing or Grief Share group. Typically, participants are 6+ months into their grief journey. This group will cover a variety of topics, and help participants discover what moving forward looks like for them. This group will meet on **Thursday October 3rd through November 7th from 2:30pm-4pm** Lisa Jamieson APHSW-C, MSSA, LSW.

**Grief Movement Group** — Grief Movement is embodied work that uses movement, breath, and sound to release pain and struggle, allowing us to connect to more empowerment and love. Join this group over zoom to learn where the areas of your body store emotions, and positions that help to release those emotions, while also connecting with yourself at a deeper level. The movements are all completed in a chair and are low impact for all ages.

No skills are needed. **In September, this group will continue to meet 2nd Wednesday 1pm-2pm.** Kari Douglas, LISW-S.

**PLEASE NOTE: Starting in October, the group will move to 1st and 3rd Mondays of each month from 9-10am.**

**Open Grief Group** — This grief support group is offered twice a month and is open to anyone who has lost a loved one and wishes to connect with a counselor for education and support. Once you're registered, please feel free to drop in whenever you are feeling the need to share your grief with others or talk to a counselor. This group will meet on the **1st and 3rd Monday of each month from 1pm-3pm.** Kari Douglas, LISW-S.

**Coping with the Loss of an Adult Child** — This grief support group offers caring, confidential support for parents dealing with the loss of an adult child. This group will meet on the **3rd Thursday of each month from 6:30pm-8pm.** Faith Kennedy, LISW.

**Coping with the Loss of a Parent** — This grief support group addresses the special issues that adult children face in dealing with the loss of a parent. This group will meet on the **1st Monday of each month from 6:30pm-8pm.** Faith Kennedy, LISW.

**Pregnancy & Infant Loss Support Group** — This support group is for parents who have lost an infant either during pregnancy or in the first year after birth. This group will meet on the **1st Tuesday of each month from 7pm-9pm.** Kari Douglas, LISW-S.

**Pregnancy After a Loss Support Group** — This group provides a community of support for pregnancies after a prior loss. Stories are shared and support is provided to navigate through the thoughts and feelings around this new journey. This group will meet on the **2nd Tuesday of each month from 7pm-9pm.** Kari Douglas, LISW-S.

**Weekly Check-In For Men** — Offered weekly, this no obligation virtual drop-in session is geared toward men and their grief. Stay to talk or just log in to ask a question or seek guidance. A good way to stay grounded without added stress. This group will meet **every Friday from 10-11am starting October 4th.** Brent Simonds, LISW.

**Coping with the Loss of a Spouse, Partner or Significant Other** — We offer three separate groups, loosely based on age. You are welcome to attend more than one of these groups. Discussions will include loneliness, returning to work, taking on new or unfamiliar household responsibilities, making major decisions alone, traveling alone, living in an empty house, how and when to sort through your loved one's belongings, symptoms of grief like fatigue & forgetfulness, helping young children, teens, and adult children understand their own loss, and returning to social events where others are "coupled."

**Younger Adults After the Loss of a Spouse, Partner or Significant Other** — This grief support group is for those in their 20s—40s and who may be raising children/teens alone. This group will meet on the **3rd Tuesday of each month from 7pm-8:30pm.** Brianna Abbott, LPC.

**Healing Hearts: After the Loss of a Spouse, Partner or Significant Other** — This grief support group is for those who might loosely describe themselves as "middle age." Somewhere between "younger adult" and early retirement. This group will meet on the **2nd and 4th Tuesday of each month from 7pm-8:30pm.** Brianna Abbott, LPC.

**Living our Retirement Years Alone: After the Loss of a Spouse, Partner or Significant Other** — This grief support group is for those who are retired or facing retirement. This group will meet on the **1st Wednesday of each month from 3pm-4:30pm.** Kari Douglas, LISW-S.