

OhioHealth Grief Support Groups

SPRING 2025 (effective 3/5/2025)

Adult Services: griefsupport@ohiohealth.com; 614-533-6060

Child/Adolescent Services: 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 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 — In this 6-8-week group, participants learn what experiences are common and normal in the grief process. Tools will be shared to help participants express and manage grief on emotionally difficult days. Regular weekly attendance is encouraged, as group support is an important dynamic in this class. Dates this quarter include:

Wednesdays, March 19th—May 7th from 6:30pm-8pm at Kobacker House. Stacie Sholl, MSW, LISW-S.

Tuesdays, April 1st—May 20th from 6pm-7:30pm at Harlem Road Church. Tracy Lutz-Younger, LISW.

Thursdays, May 1st—June 19th from 6pm-7:30pm at Dublin Methodist Hospital. Tracy Lutz-Younger, LISW.

Pregnancy and Infant Loss Spring Flower Planting Memorial — We will gather together in community to memorialize the loss your baby and to plant flowers in our Memorial Garden. The Memorial will be held on **Sunday, May 18th from 1pm-3pm** at the Kobacker House Memorial Garden. If you are unable to attend, but would like your baby to be memorialized, you are still welcome to register and let us know your baby's name. To register, please email griefsupport-Mansfield@ohiohealth.com.

Just Breathe...Sound Bowl Therapy — This group is for adults who are grieving the loss of a loved one. Lynn Friebe, a Yoga Instructor, Reiki Master, and Sound Practitioner, will lead the group using gentle stretching, breath work, and sound therapy which has been shown to heal grief at a deep level. This group will meet starting on **Thursday, May 8th**. June through September's groups will meet on the **3rd Thursday of each month from 5:45pm-7pm** at Kobacker House. Cost is \$20 per meeting and is payable to Lynn for her services. Please bring your own yoga mat and wear comfortable clothes.

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.

Adults Coping with the Death of a Father — Father's Day is a difficult time when your father is deceased. Participants will learn about normal grief reactions when dealing with the death of a father. This group will meet on **Wednesday, June 11th from 6pm-7:30pm** at Kobacker House. Brent Simonds, LISW.

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 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.

In-Person Groups (Central Ohio) continued

Mourning Conversations for Men — This group is for men who have experienced the death of a loved one. This weekly group will meet on the **3rd Friday of each month from 10am-11:30am** at Bob Evans, 3140 Olentangy River Rd., Columbus, OH 43202. Brent Simonds, LISW.

Young Adult Group — This monthly grief support group will support young adults (ages 18-25) as they navigate their feelings and responses to grief, while gaining independence and tackling new life challenges. To register for this group, please email griefsupport@ohiohealth.com or call 614-533-6060 for dates and times offered. Tracy Lutz-Youger, LISW, Sarah See, MS, LPC, CTP, and Courtney Ryan, LISW-S, CCTP-II.

In-Person Groups (Eastside)

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, May 3rd from 10am-11:30am** at the Animal Medical Center, 535 Offcenter 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 session will meet on **Sunday, May 4th from 2pm-3:30pm** at Gahanna Library, 310 Granville St, Gahanna, 43230. Sarah Phillips, LISW-S.

The Good Grief Coffee Club — This casual group over a cup of coffee, allows bereaved individuals to come together in a relaxed setting to share thoughts, find support, and connect with others who understand. Sessions for this group will be scheduled every other month. The next session will meet on **Wednesday May 7th from 9am-10:30am** at the Good Cafe, located at 4400 Easton Commons, Suite 150. Sarah Phillips, LISW-S.

Positively Grieving — This group will focus on our strengths and celebrate the hard things that we continue to face and conquer as we continue to grieve. Sessions for this group will be scheduled every other month. The next two sessions will meet on **Tuesday, April 8th and Tuesday, June 3rd 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.

Mahjong (Beginners) — This tile game, loved by people of all ages, is played throughout the world, and is increasing in popularity. This social offering will provide Mahjong lessons, utilizing the standard American Mahjong rules, and will be offered to those who are bereaved and ready to begin getting out and trying something new. This group will meet **weekly beginning on Wednesday, March 12th—April 30th from 10:30am-1pm** at the Good Café, 4400 Easton Commons, Ste 150, Columbus, OH 43219. This group requires a commitment to attend at least 7 of the 8 groups, as this is a teaching group for beginners and each week builds on the previous one. Sarah Phillips, LISW-S.

Mahjong (Experienced Players) — This social offering is for those who have already learned the American version of the game. Bereaved players will meet on **Wednesdays from 10:30am-12:30pm**. To register for this group, please call 614-533-6060 or email griefsupport@ohiohealth.com. Sarah Phillips, LISW-S.

In-Person Groups (Athens) *Registration is not required.*

Mourning Coffee — This is a free grief support group open to any adult grieving the death of a loved one. Together we will help support each other, validate one another, and learn about grief and how to cope with it. 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)

Spirit Dolls — During this group, 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 group will meet on **Tuesday, May 6th from 5pm-7pm** at Kobacker House. Teresa Neill-Green, ATR, BC, LSW and Timberlee Harris, ATR-BC.

Broken Pieces — During this group, participants will learn how to make mosaics (breaking glass, designing, adhering, grouting, and 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 a two day, 2-hour session that will take place on **Tuesday, May 13th and Tuesday, May 20th from 5:30pm-7:30pm** at Kobacker House. Attendance at both classes is required. Teresa Neill-Green, ATR, BC, LSW, Fran Bednar LISW-S, and Timberlee Harris, ATR-BC.

In-Person Groups (Mansfield) *To register, call 567-217-3253 or email 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 Tuesday of each month at 10:15am**. See below for details. **January and December 2025** at Ontario Health and Fitness Center, 1750 West Fourth Street, Mansfield, OH 44907. **February—November 2025** at Kingwood Center Gardens, 50 Trimble Rd., Mansfield, OH 44906.

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 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 meal. This group will meet on the **3rd Tuesday of each month at 11am-12:30pm**. Please call for location details. Lisa Jamieson, APHSW-C MSSA LSW.

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 **2nd Monday from 11am-12:30pm** at the Lexington Senior Civic Center, 67 East Main Street Lexington, OH 44904. Lisa Jamieson, APHSW-C MSSA LSW.

Mourning Conversations for Men — This 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. This group will meet on the **1st and 3rd Mondays of each month from 11am-12pm**. Kari Douglas, LISW-S.

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-2:30pm** at Golden Corral, 575 N Lexington Springmill Rd., Mansfield, OH 44906. Lisa Jamieson, APHSW-C MSSA LSW.

Children and Adolescents

Stepping Stones Family Support Group — A monthly grief support group for youth ages 6-12* (teens also welcome). Each month will have a different area of focus and include a hands-on activity to allow children to express and process their grief among peers. We will work on understanding our grief, telling our stories, and figuring out how to cope with wherever we are in our unique grief journeys. Meanwhile, caregivers are invited to participate in a supportive discussion with a grief counselor in a separate area of the facility. We will honor our own experiences, process the complexities of raising grieving children together and encourage one another. At the conclusion, we will reunite as a large group. Snacks and water will be available. This group will meet on the **4th Sunday of each month from 4pm-5:15pm** at Kobacker House. To register for this group, please email youthgrief@ohiohealth.com or call 614-566-1728. Grace Whistle, LISW-S, CCTP and Tracy Lutz-Younger, LISW.

Summer Kick-Off Event for Grieving Families — Please join us on **Thursday, June 5th from 5:30pm-7:30pm** for our 3rd annual Summer Kick Off Event! Kids and teens of all ages are welcome to participate in hands-on activities and other stations throughout the grounds in a SUPER fun atmosphere with lots to do! Families who are grieving the death of a friend or family member will learn how to identify and express feelings in healthy ways, work on art projects to honor and remember their special people, register for summer grief programs, visit with our therapy dogs, check out cars from Capital City Corvette Club, have fun with our photo booth and so much more! The event will be held outdoors behind Kobacker House rain or shine! This is a FREE event and no registration necessary.

Summer Grief Workshops for Youth

A variety of grief workshops are scheduled this summer throughout the communities we serve. See the schedule below and who to contact for questions and registration. Space is limited!

EQUINE: PBJ Connections — 2616 S Three B's & K Rd., Galena 43021

To register for this group, please email youthgrief@ohiohealth.com or call 614-566-1728.

Monday, June 16th — Friday, June 20th from 9:30am-11:30am.

COLUMBUS: Kobacker House – 800 McConnell Drive, Columbus, OH 43214

To register for this group, please email youthgrief@ohiohealth.com or call 614-566-1728.

Elementary School Kids (Entering grades K-5th)

Monday, June 23rd – Thursday, June 26th from 9:30am-11:30am.

Monday, July 14th – Thursday, July 17th from 2pm-4pm.

Middle School Kids (Entering grades 6th-8th)

Monday, June 23rd – Thursday, June 26th from 9:30am-11:30am.

Monday, July 14th – Thursday, July 17th from 2pm-4pm.

High School Teens (Entering grades 9th- 12th)

Mondays and Wednesdays from 1pm-3pm.

June 16th, June 18th, June 23rd, June 25th, June 30th, July 2nd.

MARION: Marion Family YMCA – 645 Barks Road East, Marion, OH 43302

To register for this group, please email kelly.brooks@ohiohealth.com or call 614-309-3710.

Wednesday, June 25th from 5:30pm-7:00pm.

ATHENS: Dairy Lane Shelter House - 8493 Dairy Lane, Athens, OH 45701

To register for this group, please email nicole.crump@ohiohealth.com or call (380) 234-9077.

Thursday, June 26th from 5pm-6:30pm.

Virtual Groups Using Zoom

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. This group will meet on the **1st and 3rd Mondays of each month from 11am-12pm**. Kari Douglas, LISW-S.

Open Grief Group — This group is offered to anyone who wishes to connect with a counselor for grief education and support. Once 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 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 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 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.

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."

1. 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.

2. Healing Hearts: After the Loss of a Spouse, Partner or Significant Other — This 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.

3. Living our Retirement Years Alone: After the Loss of a Spouse, Partner or Significant Other — This 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.