

# OhioHealth Grief Support Groups

**SUMMER 2025** (effective 6/4/2025)

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



**For our current list of groups and general grief information scan the QR code!**

Below is the list of our current 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)**

**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.

**Steps Toward Healing** — In this 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. This group will meet each **Wednesday, July 30th—September 17th from 6:30pm-8pm** at Kobacker House. Stacie Sholl, MSW, LISW-S.

**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 on the **3rd Thursday of each month through September 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.

**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. This group is facilitated by hospice volunteers, Barb Ernski and Mitch Gross.

**Calling all Performance Artists!** — Join us for a unique one-time workshop designed for artists to come together in a supportive and creative space. This gathering will offer an opportunity to share your talents, honor your grief through artistic expression and connect with others who understand the healing power of performance. Bring your voice, your body, your instrument or any creative representation of your grief journey to share, nourish and inspire one another, as we navigate loss through the arts. This group will meet on **Thursday, August 28th from 7pm-9pm**. Please call for location details. Sarah Phillips, LISW-S and Jean O'Leary Pyles, LISW-S.

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

**Creating a Mandala** — The mandala is a geometric, circular design, representing the cyclical nature of life, often used in spiritual and religious traditions. No matter where you are in your grief journey, creating a personal mandala can be a healing expression of hope and renewal. Please join us for an evening of companionship as you create your own mandala from nature items and learn about continuing this ritual in your life. This group will meet on **Wednesday, September 24th from 6pm-7:30pm** at Kobacker House. Jean O'Leary-Pyles, LISW-S.

**Mourning Conversations for Men** — This group is for men who have experienced the death of a loved one. This 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 group will support young adults (in their 20's) as they adapt to the challenges of adulthood in the midst of their grief. This group will meet on the following **Wednesdays: June 18th, July 23rd, August 27th, and September 24th all from 6pm-7:30pm** at Kobacker House. Tracy Lutz-Younger, LISW.

**Recent High School Grad Workshops** — These stand-alone workshops will support recent high school graduates, as they navigate their feelings and responses to grief while gaining independence and tackling new life challenges. These workshops will take place on **Tuesday, July 1<sup>st</sup> and Tuesday, July 15<sup>th</sup> both from 11:30am-1pm** at Kobacker House. Ashley Douglas, MSW, LISW-S, CCTP and Lauri Yersavich, MS, LSW, CTP.

## **In-Person Groups (Eastside)**

**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, July 13th and Sunday, September 21st from 2pm-3:30pm** at the Gahanna Library, 310 Granville St, Gahanna, OH 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 two sessions will meet on **Wednesday, July 2nd and Wednesday, September 3rd 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 session will meet on **Tuesday, August 5th from 7pm-8:30pm** at the ReMax Town Center Office, 4349 Easton Way, Suite 110, Columbus, OH 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 (Experienced Players)** — This social offering is for those who have already learned the American version of the game. Bereaved players will meet weekly on **Wednesdays from 10:30am-12:30pm** at the Good Cafe, located at 4400 Easton Commons, Suite 150. Sarah Phillips, 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. Space is limited and registration is required. This group will meet on **Saturday, August 30<sup>th</sup> from 10am-11:30am** at *NEW LOCATION*: Gigi's Rescue, 6179 Wright Rd., Canal Winchester, OH 43110. 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.

## **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 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.

**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 and Kari Douglas, LISW-S.

**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.

**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.

**Navigating Loss Together** — Navigating Loss Together is here to guide you through various grief topics. Offering a space for learning, sharing, and healing. This group will meet on the **4th Wednesday of each month from 2pm-4pm** at Area Agency on Aging, 2131 Park Ave. West, Ontario, Ohio 44906. 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** at Ontario Health and Fitness Center, 1750 West Fourth Street, Mansfield, OH 44907. Kari Douglas, LISW-S.

## **Art Workshops (Columbus)**

**Please note that a \$20 registration fee will be required prior to registering for all art workshops. This fee is non-refundable.**

**Mystery Making** — Participants will engage in the creative process while exploring their loss. The art medium used will be revealed at the group. Youth (ages 7-13 years) are welcome to attend with their caregiver. This workshop will meet on **Tuesday, July 29th from 3pm-4:30pm** at Kobacker House. Teresa Neill-Green, ATR, BC, LSW and Timberlee Harris, ATR-BC.

**Grief Catchers** — Participants will learn the basics of stained glass (cutting, grinding and soldering) while creating a geometric sun catcher (5-8"), designing and selecting colors that reflect and honor their loved one. Participants can share their grief story and process how the workshop has impacted them. This workshop is two 2-hour sessions on **Monday, August 25th and Thursday, August 28th 5pm-7pm** at Kobacker House. Attendance at both classes is required. Teresa Neill-Green, ATR, BC, LSW and Fran Bednar LISW-S.

**A Visit to the Columbus Art Museum** — Art impacts our souls, as does grief. We will explore chosen artists, paintings and the concept of grief related to the paintings being viewed. This workshop will take place on **Tuesday, August 26th from 1pm-3pm** at the Columbus Museum of Art. Teresa Neill-Green, ATR, BC, LSW, Fran Bednar LISW-S, and Timberlee Harris, ATR-BC.

**Expressing Loss Through the Arts** — This 5-week adult grief support group utilizes art materials as tools for expression and healing while grieving. This workshop will meet on **Thursday, September 11th through October 9th 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.

## **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, OH 43021**

To register for this group, please email [youthgrief@ohiohealth.com](mailto: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](mailto: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.**

### **COLUMBUS: Columbus Metropolitan Library – Hilltop Branch, 511 S Hague Ave, Columbus, OH 43204, Meeting Room 2**

To register for this group, please email [courtney.ryan@ohiohealth.com](mailto:courtney.ryan@ohiohealth.com) or call 614-674-3236 *by June 16th.*

**Tuesdays, June 17th–July 29th from 2pm-3pm.**

### **MARION FAMILY WORKSHOP: Marion Family YMCA – 645 Barks Road East, Marion, OH 43302**

Kids ages 5-15 will have the opportunity to learn more about grief, connect with peers who have experienced loss, and make a special project. Adult caregivers are invited to stay and participate in a supportive group led by an adult grief counselor.

To register for this group, please email [kelly.brooks@ohiohealth.com](mailto:kelly.brooks@ohiohealth.com) or call 614-309-3710.

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

### **PICKAWAY FAMILY WORKSHOP: Inspiration Station – 1170 N. Court Street Circleville, OH 43113**

Kids ages 6-17, along with their parents/caregivers, who are grieving the death of someone in their lives are invited create a memory lantern.

To register for this group, please email [ashley.douglas@ohiohealth.com](mailto:ashley.douglas@ohiohealth.com) or call (380) 867-3671.

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

### **ATHENS FAMILY WORKSHOP: Dairy Lane Shelter House - 8493 Dairy Lane, Athens, OH 45701**

Kids ages 6-17, along with their parents/caregivers, who are grieving the death of someone in their lives are invited to utilize their five sense to create a personalized and supportive coping tool kit.

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

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

## **Save the Date**

### **STEPPING STONES CAMP! Camp Ken Jockety – 1295 Hubbard Rd, Galloway, OH 43119**

Kids ages 6-17, along with their parents/caregivers, who are grieving the death of someone in their lives are invited to experience our Stepping Stones Grief Camp. Activities include creeking, fishing, field games, a challenge course, art activities, nature hikes and fun in the food science lab. Activities will vary by age.

To register for this group, please email [cindy.fielding@ohiohealth.com](mailto:cindy.fielding@ohiohealth.com) or call 614-566-0706 *by September 15th.*

**Saturday, September 27th from 9am-4:30pm.**

## **Virtual Groups Using Zoom**

**Steps Toward Healing** — In this 5-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. This group will meet each **Monday, June 23rd—July 21st from 7pm-8:30pm**. Brianna Abbott, LPC.

**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-2:30pm**. 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.