

WORKSHOPS and OTHER OFFERINGS

2 Part - Art Therapy Workshop for Pregnancy and Infant Loss – This two-part workshop provides those who have experienced the loss of a baby with an opportunity for self-exploration, healing and growth. By experimenting with art media, utilizing creativity and re-creating each group member's personal vision, the values of empathy and connection with loss empower the process of creating art together. First workshop, Wednesday, 9/10. Second workshop, Thursday, 9/18 both 6:30 – 8:30 pm. Call (614) 533-6060 to register. KH

Book Study Dealing with Grief – This group will meet on the first Thursday of each month; 6:30 to 8 PM. Faith Kennedy, LISW-S. Call (614) 533-6060 to register. KH

Helping Children Through Grief – This workshop is for parents/caregivers of children who have experienced the death of a significant person. Participants will learn basic concepts of children's grief as well as various ways to assist and support the grieving child. Tuesday, September 30; 7- 8:30 PM. Christie Echard-McBride, LISW-S, and Lauri Versavich, MS, LSW, School Outreach Coordinator. Call (614) 533-6060 to register. KH

Complicated Grief from Alcohol and Drug Abuse – In this workshop we will explore the complications of grief when a loved one dies due to the abuse of drugs or alcohol. Often individuals feel a sense of isolation due to feelings of shame, guilt, anger, or resentment which can affect the grief process. Monday, Oct. 6 at 6:30 – 8:30 pm. Karen M. Herrmann, LPCC-S, LICDC-CS, Jungian Analyst. Call (614) 533-6060 to register. KH

Centering Meditation for Grief and Loss – The experience of grief and loss can affect the bereaved person in unsettling ways. This group is open to anyone who wants to explore a variety of experiential practices for building awareness, stability, and calm within, while affirming the changed but continuing connection to their loved ones. Each meeting will include exercises that engage the body and mind through guided visualization, breath awareness, and simple meditation. Wednesdays, October 15 through November 19, 6:30 – 8 pm.

A Mourning Walk in the Afternoon – This exercise of remembrance will be a reflective, meditative, and guided walk on Peggy's Path surrounding the Kobacker House. The approximate distance is 3/4 mile and involves some paved hilly terrain. Please wear comfortable shoes. In case of inclement weather, this event will be rescheduled. Sunday, October 19; 2 pm. Please call 614-533-6060 to register.

Bereavement Dreams: An Aid to the Grieving Process – Dreams have long been revered as a source of wisdom. In this workshop we will explore how bereavement dreams can guide loved ones through the difficult journey of grief, facilitate healing, and foster personal growth. Tuesday, 10/21, 6:30 pm. Karen Herrmann, LPCC-S, LICDC-CS, Jungian Analyst Call (614) 533-6060 to register. KH

Healing Drumming Circle – For thousands of years, drumming has been a part of almost every culture. This ancient ritual remains alive today. Studies reveal that drumming can accelerate physical and emotional healing, boost the immune system, and have a calming effect. Please join us in the spirit of remembrance. Children are welcome. No experience required. Drums will be provided or you may bring your own. Program will be held outside or inside depending on weather. Sunday, October 26, 2:00 PM. Sarah Phillips, LISW-S. Call (614) 533-6060 to register. KH

Dealing with Holidays and Special Days – Holidays, anniversaries and birthdays can be difficult after the loss of a loved one. Discover suggestions to help. Monday, Nov. 17, 7:00 – 8:30 pm. Call (614) 533-6060 to register. KH

See www.ohiohealth.com for more information. Click on Classes. Click on View All OhioHealth Classes. Click on Grief under the class listing. Groups and workshops are offered at no charge. Counseling services are available on sliding fee basis. Consultation and training programs are available for schools, workites, professional groups and faith communities.