

GRIEF SUPPORT GROUPS

Men and Grief - This twice monthly group for men will explore issues of grief and ways men can cope. First and Third Monday of the month, 7-8:30 PM. Call 614.533.6060 to register. KH

Moving through Grief with Yoga - This class focuses on the physical body as a vehicle for expression, wisdom and understanding during bereavement. We explore the body-felt aspects of grief through gentle body awareness exercises and hatha yoga postures. The emphasis is on basic relaxation and breathing practices that can restore balance during the mourning process. No previous yoga experience is necessary. Kate Dean-Haidet, PhD, MSN and Teresa Neil-Green, ATR, BC, LS, Tuesdays; 9/2 through 10/7, 1-3 PM at BeYoga Studio. Space is limited and registration is required. Call 614.533.6060 to register.

Steps Toward Healing - Grief support group for adults who have lost a loved one. Meets weekly for eight sessions on Wednesdays; 10/1 through 11/19, 7-8:30 PM. Call 614.533.6060 to register. KH

Expressing Loss Through the Arts - This adult grief support group utilizes art materials to explore tools for expression and healing through grieving. Kellie Lambert MA, LPC, AT; Thursdays; 11/6, 11/13, 11/20, 12/4, 12/11 6:30 - 8:30 PM. Space is limited and registration is required. Call 614.533.6060 to register. KH

SPECIFIC LOSS GROUPS

Pregnancy and Infant Loss Group - A support group for parents who have lost a baby before, during, or in the first year after birth. First Tuesday of the month, 7-9 PM. Sarah Phillips, LISW-S. Call 614.533.6060 to register. KH

Younger Widowed Persons Support Group - Second Tuesday of the month from 7-8:30 PM. Call 614.533.6060 to register. KH

Widow-Widowers Support Group - First Wednesday of the month, 2-3:30 PM. Meets at Maple Grove United Methodist Church, 7 W. Henderson Rd. at High and Henderson, Columbus. Call 614.533.6060 to register.

3rd Annual Candlelight Tulip Bulb Planting Ceremony for Pregnancy and Infant Loss - A time of reflection and remembrance, to come together with those who have lost a baby either during pregnancy or in the first year after birth. Tulips will be provided. Please bring a small spade or shovel. Families and children are welcome. Tuesday, October 7, 7:00 PM. Call 614-533-6060 to register.

CHILDREN AND TEENS

Pathfinders Teen Group - A grief support group for teens 13-18 who have experienced the death of someone close to them. The sessions include discussion and activities led by a grief specialist. Special events planned throughout the year. Last Monday of the month from 6-7:30 PM. Call 614.533.6060 to register. KH

Healing Hearts Children's Grief Workshop Support Group - Offered at no cost, this group meets the 2nd Wednesday of each month 5:30 - 7 PM. The meetings are open to any child dealing with grief issues due to the death of someone close to them. Children 6 to 17 years of age. Call Wiki McCombs, RN, Bereavement Coordinator at 740.383.8678. MGH

Stepping Stones - A grief support program for children ages 6-12, who have lost a loved one. Discussion through hands-on activities. Third Saturday of the month, 9-11:30 AM. Adult group is available from 9-10:30 AM. Consultation available for adults with preschool age children. Special events planned throughout the year along with the Annual Stepping Stones Day Camp on September 20. Call 614.533.6060 to register. KH

8th Annual Stepping Stones Day Camp - This one-day grief camp utilizes art, nature and interactive games for youth ages 6 to 12 and in grades 1-6 who have experienced the death of a significant person in their lives, facilitated by staff/volunteers from OhioHealth Hospice and Camp Ken-Jockey. Saturday, 9/20, 9 AM to 3 PM. Call 614.533.6060 to register.

OhioHealth Hospice

Grief Support and Education Programs

Call (614) 566.5377 for more information and to register