

Pathfinders

A Grief Support Program for Teens

Losing someone you care about is difficult at any age. When you're a teen, it may be hard to find someone who understands. You may experience lots of different feelings over the death of a loved one – sadness, anger, fear or hurt. Talking with other teens who have experienced loss can help.

Pathfinders, developed by OhioHealth Hospice, is a group of teens ages 13 to 18 who have experienced the death of someone close to them. The group provides an opportunity to meet other teens and share experiences.

Grief specialists from OhioHealth Hospice will help you find ways to cope through information, support and activities.

There is no cost to participate.
Call (614) 533.6060 to register
or for more information.



+ LOCATION:
OhioHealth Hospice Kobacker House
800 McConnell Drive
Columbus, Ohio 43214

+ DATES:
Meets last Monday of the month
Special events planned throughout
the year

+ TIME:
6 to 7:30 p.m.
Refreshments provided

HELPING CHILDREN THROUGH GRIEF A Workshop for Parents or Caregivers

Childhood is a time of profound change — from birth through adolescence, change is a constant.

Parents/caregivers ideally provide the safety net from which children are able to grow and deal with change. The death of someone significant may not only "unravel" this safety net but may be one of the most profound changes a child/teen will experience. Parents/caregivers may feel challenged in knowing how to best help the child/teen as they may be dealing with their own grief and are overwhelmed by the changes created by the loss. Through discussion and interactive exercises, the facilitators will provide an overview of children's grief including some helpful suggestions and support for the parent/caregiver assisting the grieving child.

Tuesday, September 30, 2014
7 to 8:30 p.m.

OhioHealth Kobarcker House

Community Rooms A & B
800 McConnell Drive
Columbus, Ohio 43214

Facilitators:

Christie Echard-McBride, LISW-S and
Lauri Versavich, MS, LSW

There is no cost for this workshop. Registration is required. Call (614) 533.6060 to register.

PLEASE
REGISTER

Stepping Stones

A Grief Support Program for Children

Losing someone you care about is tough at any age. But for children, it can be harder to sort out feelings of sadness, fear, anger or hurt when a special person has died. Finding the right words and ways to express grief can be frustrating and difficult. Stepping Stones can help.

Stepping Stones is a comprehensive program that helps children understand and communicate their grief. During this workshop, children spend time:

- + Learning about and understanding their feelings
- + Meeting and talking with other children
- + Developing healthy ways to express grief
- + Sharing memories

This program is led by OhioHealth children's grief specialists and is open to children ages 6 to 12. A light snack is provided.

Consultation available for adults with preschool age children.

There is no cost to participate. Call **(614) 533.6060** to register or for more information.



LOCATION: OhioHealth Hospice Kobacker House
800 McConnell Drive
Columbus, Ohio 43214

DATES: Meets the third Saturday of the month
+ Special events planned throughout the year
+ Annual Stepping Stones Day
Camp - September

TIME: 9 to 11:30 a.m. Children's program
+ 9 to 10:30 a.m. Discussion group for adults, parents, caregivers who bring children to Stepping Stones