



# Supporting Adults in Grief

Grief is a universal yet unique experience for those who have encountered the death of someone close to them. It can have an effect on one's mind, body, spirit and heart, and can feel overwhelming to manage alone. OhioHealth Loss and Healing Services program was developed to provide individual and group support to assist those on the path toward healing.

## Individual Grief Counseling

Individual counseling is available for those who desire support in sharing and processing their grief experience with a licensed grief professional. We offer an average of 6-8 sessions in person, virtually, or by phone, focusing on

- Sharing about your person and loss
- Learning about typical grief responses
- Processing what you are thinking, feeling and experiencing
- Learning healthy ways to navigate and cope with your feelings and reactions

## Community Education

In addition to counseling, our Loss and Healing Services team provides education to the community through various speaking engagements and presentations related to:

- Understanding and coping with loss
- Grief in the school or work setting
- How to help your community when a tragedy occurs

## Grief Support Groups

Our groups offer the opportunity for people to come together in a shared experience of grief. The groups range from a focus on education or a specific kind of loss, to creative arts and health/bodywork. Our groups are everchanging, but some common ones that are routinely available are Steps Toward Healing, Loss of a Parent or Adult Child and Ceramic Memory Bowl. We provide a quarterly listing of our current groups and ask that you register for what you may like.

Our counselors also develop unique workshops with topics such as Creating a Mandala, Coping with the Holidays, and Mourning Walks at a local state park.

## Community Resource Information

Our counselors are familiar with many community resources and are available to those desiring additional options and resources to aid in their mental health and wellbeing. These resources include social and mental health community agencies and programs.

## Contact

OhioHealth Loss and Healing Services  
[www.ohiohealth.com/loss-and-healing](http://www.ohiohealth.com/loss-and-healing)

614-533-6060 | [griefsupport@ohiohealth.com](mailto:griefsupport@ohiohealth.com)

OhioHealth Loss and Healing programming is supported by the generosity of our community, including the OhioHealth Foundation, The Thomas and Ann DiMarco Family Foundation, The Marion Foundation, and The Patricia A. DiNunzio Ovarian Cancer Fund. There are currently no costs associated with services.

