

OhioHealth Loss and Healing Services

Grief Support Groups | Fall 2026

Registration Required – see final page for details

In-Person Groups (Central Ohio)

Busy Hands, Quiet Mind — A chance to reawaken your hobbies and crafts in an environment that allows you to talk about your grief with those who have also experienced loss. Bring an activity if you have one that you would like to work on during our time together. We will also have activities available for you to try. Meets on the **1st Saturday of each month from 10am-11:30am** at the OhioHealth Hospice House. This group is facilitated by hospice volunteer, Mitch Gross.

Mourning Conversations for Men — This group is for men who have experienced the death of someone in their life. Meets on the **3rd Friday of each month from 10am-11:30am** at Bob Evans, 3140 Olentangy River Rd., Columbus, OH 43202. Brent Simonds, LISW.

Rambling Walk — Being outdoors is an important part of caring for oneself and one of many paths to healing. Join us as we explore pet-friendly metro parks in the Columbus area. Leashed pets are welcome. This group will meet on the **3rd Saturday of each month at 9am**. 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.

Steps Toward Healing — Participants will explore experiences that are common and normal in the grief process. Tools will be shared to help participants express and manage grief on emotionally difficult days. Meets on **Mondays, October 5—November 30 from 6pm-7:30pm** at the OhioHealth Hospice House. Tracy Lutz-Younger, LISW.

Touchstones — Wherever you are in your grief journey, this group offers a welcoming space to ask questions, share your experiences, and receive support and validation from others who can relate. Meets on the **3rd Thursday of each month from 1:30pm-3pm** at the OhioHealth Hospice House. Faith Kennedy, LISW.

Young Adult Group — This group will support young adults (ages 18 and older) as they adapt to the challenges of adulthood in the midst of their grief. Meets on the **4th Wednesday of each month from 6pm-7:30pm** at the OhioHealth Hospice House. Tracy Lutz-Younger, LISW and Sarah See, MS, LPC, CTP.

In-Person Groups (Eastside)

Healing Drumming Circle — Drumming can accelerate physical and emotional healing, boost the immune system, and have a calming effect. Children are welcome and no experience is required. Drums will be provided, or you may bring your own. Next two sessions will take place on **Sundays, September 20 and November 15 from 2pm-3:30pm** at the Gahanna Library, 310 Granville St, Gahanna, OH 43230. Sarah Phillips, LISW-S.

Healing with the Hounds — This group provides a unique opportunity that brings comfort, connection and healing through time spent with puppies in need of loving homes. In partnership with Gigi's Rescue, every other month, participants will spend an hour and a half cuddling, playing with and socializing puppies, creating moments of joy and healing while helping these pups feel safe, loved, and ready for their forever homes. It's a beautiful reminder that sometimes healing happens when we simply give and receive a little love. Next two sessions will take place on **Saturdays, October 10 and December 12 from 10am-11:30am** at Gigi's Rescue. Sarah Phillips, LISW-S.

The Good Grief Coffee Club — Join us for a gathering for those navigating life after a loss. Over coffee and guided conversation, we will come together in a casual supportive space to celebrate the strength it has taken to get through the hard things and find encouragement and support for the challenges still ahead. We will connect, listen, laugh, and discover the courage that can grow from our grief. Meets on the **1st Wednesday of each month from 9am-10:30am** at the Good Cafe. Sarah Phillips, LISW-S.

Holiday Workshops

Coping Through the Holidays — Participants (18 and older) will focus on navigating traditions, holiday gatherings, family dynamics, and ways to memorialize a loved one during the holidays. Meets on **Wednesday, December 9 from 6:30pm-8pm** at the OhioHealth Hospice House. Stacie G. Sholl, MSW, LISW-S.

Family Holiday Workshops — *To register, call 614-566-1728 or email youthgrief@ohiohealth.com.*

Our licensed grief counselors will facilitate a holiday group discussion and commemorative hands-on activity for youth ages 6 and older along with their caregivers. Food and drinks will be provided. See date, time, and location details below:

Athens County: **Saturday, November 14 from 12pm-3pm** at the Ohio Valley Christian Assembly (OVCA).

Delaware/Marion County: *Details still being finalized.*

Franklin County/Central Columbus: **Tuesday, December 8 from 6pm-7:30pm** at the OhioHealth Hospice House.

East Side Columbus: *Details still being finalized.*

West Side Columbus: **Wednesday, December 9 from 5:30pm-7pm** at the Hilltop Library.

Pickaway County: **Tuesday, December 15 from 6pm-7:30pm** at the Pickaway Main Library, Circleville.

Children and Adolescents *To register, call 614-566-1728 or email youthgrief@ohiohealth.com.*

Children's Grief Awareness Walk — Join us for a one-mile walk to support children's grief awareness. Participants may bring photos or wear shirts in memory of someone who has died. Meets on **Sunday, November 8 from 3:30pm-4:30pm** at the OhioHealth Hospice House.

Stepping-Stones Grief Camp — Youth ages 6 and older along with their caregivers are invited to experience creek fishing, a challenge course, and art activities on **Saturday, October 3 from 9am-4:30pm** at Camp Ken Jockety.

Art Workshops *Registration fees may apply. See below for details.*

Ceramic Memory Bowl — *Register through the Ohio Craft Museum at <https://ohiocraft.org/education/>.*

This art workshop utilizes various hand-building techniques to create a ceramic memory bowl in honor of a loved one. Meets weekly on **Tuesday September 29—October 27** at the Ohio Craft Museum. There will be two class offerings: **1pm-3pm** (adults only) or **5:30pm-7:30pm** (13 years and older). This workshop is hosted by the Ohio Craft Museum and requires a **\$50 registration fee** for the 5-week series. Teresa Neill-Green, ATR, BC, LSW, Fran Bednar LISW-S, and Phyllis Walla-Catania, BFA.

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. Meets on **Wednesday, October 21 from 6pm-7:30pm** at the OhioHealth Hospice House. Jean O'Leary-Pyles, LISW-S.

Poetic Art — Take an existing piece of writing and give it new meaning in relation to your grief. Meets on **Tuesday, November 3** at the OhioHealth Hospice House. This workshop requires a **\$20 non-refundable registration fee**. There will be two class offerings: **1pm-3pm** or **5:30pm-7:30pm**. Teresa Neill-Green, ATR, BC, LSW, Fran Bednar, LISW-S, and Timberlee Harris, ATR-BC.

In-Person Groups (Athens) *Registration is not required.*

Grief Book Club — Sessions will take place at 17 Blue Line Dr, Athens, OH from **4pm-6pm**. Kelsey Funk, LISW-S.

September 24: *"The Gentle Art of Swedish Death Cleaning"* by Margareta Magnusson.

This Swedish author provides helpful suggestions on how to declutter and prepare for your final chapters of life.

October 22: *"A Perfect Replica of a Figment of My Imagination"* by Elizabeth McCracken.

Content Warning: Pregnancy and infant loss. A woman's memoir about her still birth experience and subsequent pregnancy and live birth.

November 24: *"I Keep Trying to Catch His Eye"* by Ivan Maisel.

Content Warning: Suicide. A father's memoir about the suicide death of his son.

Mourning Coffee — Together we will help support each other, validate one another, and learn about grief and how to cope with it. Coffee will be provided. Meets on the **2nd Friday of each month from 9am-11am** at 17 Blue Line Drive, Athens, OH. Kelsey Funk, LISW-S.

Please see the next page for additional information

In-Person Groups (Mansfield) *To register, please call 614-788-0335.*

Connection at Kingwood Center Gardens — Join us for a walk in nature while connecting with others that are on a journey of healing. Dress appropriately for weather conditions and wear comfortable shoes. Meets on the **1st Tuesday of each month from 10:15am-11:45am**. Lisa Jamieson, APHSW-C MSSA LSW. [See below for locations offered.](#)

September—November: Kingwood Center Gardens, 50 Trimble Rd., Mansfield, OH 44906.

December: Ontario Health and Fitness Center, 1750 West Fourth Street, Mansfield, OH 44907.

Finding Joy After Loss — Please join us to learn activities that help find meaning and joy after experiencing grief. Meets on the **2nd Monday of each month from 11am-12:30pm** at 750 W. 4th Street, Ontario, OH 44906. Lisa Jamieson, APHSW-C MSSA LSW and Kari Douglas, LISW-S.

Grief Movement Group (Virtual + In-Person) — 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. 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. All movements are completed in a chair and are low impact for all ages. Meets in-person on the **1st and 3rd Mondays of each month from 11am-12pm** at the OhioHealth Ontario Health and Fitness Center. Kari Douglas, LISW-S.

Grieve, Gather, and Grow Brunch for Women — Register for brunch with women who are navigating grief. We will share topics and resources while supporting one another. Each guest is responsible for the cost of their beverage or meal. Meets on the **3rd Tuesday of each month from 11am-12:30pm**. Please call 614-788-0335 for location details. Lisa Jamieson, APHSW-C MSSA LSW.

Lunch Bunch — Enjoy lunch, meet new friends, and feel supported in your grief journey. Meets on the **4th Wednesday of each month from 11:30am-1:30pm** at AMVETS Post 26 1100 W 4th St, Mansfield, OH 44903. AMVETS only accepts cash for payment. Lisa Jamieson, APHSW-C MSSA LSW.

Mourning Conversations for Men — This group is for men who have experienced the death of a loved one. Meets 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.

SilverSneakers®Yoga — Participate in centering exercises and breathwork to promote reduced stress and mental clarity. Using a chair for support, you will move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Please wear athletic shoes and bring a water bottle for hydration. Meets **each Friday from 11:30am-12:15pm** at the OhioHealth Ontario Fitness Center. Lisa Jamieson, APHSW-C MSSA LSW.

Pregnancy and Infant Loss (In-Person and Virtual) *Registration fees may apply. See below for details.*

A Gentle Way Through the Holidays After a Pregnancy or Infant Loss — Join us for a gentle day of connection, reflection, remembrance, and healing as we explore how to navigate the holiday season. Meets on **Saturday, November 14 from 9am-4pm** at the OhioHealth Hospice House. This workshop requires a **\$50 non-refundable registration fee**. Kari Douglas, LISW-S.

Gather, Create, Remember: A Wave of Light Event — Register at <https://givebutter.com/2025-lanterns-light-a-wave-of-light-event-copy-vfcw2a>. Together, we will create a keepsake, share in reflection, and conclude with a beautiful Wave of Light ceremony. Meets on **Thursday, October 15 from 6-8pm** at the OhioHealth Hospice House. Kari Douglas, LISW-S.

Pregnancy After a Loss Support Group — This **virtual** 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. Meets on the **2nd Tuesday of each month from 7pm-9pm**. Kari Douglas, LISW-S.

Pregnancy and Infant Loss Fall Planting Memorial — Gather together with others to memorialize your loss and plant bulbs that will bloom in the spring. You may also say your baby's name aloud before planting the bulbs in the beautiful garden. There will be a short presentation with encouragement of sharing a poem or letter for your baby, if you choose. Meets on **Sunday, October 4 from 1pm-3pm** at the OhioHealth Hospice House. Kari Douglas LISW-S

Pregnancy and Infant Loss Support Group — This **virtual** group is for parents who have lost an infant during pregnancy or in the first year after birth. Meets on the **1st Tuesday of each month from 7pm-9pm**. Kari Douglas, LISW-S.

The Loss Happened to Us Too — This group provides family members a safe space to share their grief. Grief education, healthy mourning practices, and coping strategies will be offered. Meets on the **3rd Thursday of each month from 6pm-7:30pm** at the OhioHealth Hospice House. Tracy Lutz-Younger, LISW.

Please see the back for additional information

Virtual Groups Using Zoom

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. Meets on the **1st Monday of each month from 6:30pm-8pm**. Faith Kennedy, LISW.

Grief Movement Group (Virtual + In-Person) — 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. 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. All movements are completed in a chair and are low impact for all ages. Meets virtually on the **1st and 3rd Mondays of each month from 11am-12pm**. Kari Douglas, LISW-S.

Loss of a Spouse, Partner or Significant Other — 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.” We offer three separate groups, loosely based on age. You are welcome to attend more than one of these groups:

- 1. **Younger Adults: After the Loss of a Spouse, Partner or Significant Other** — For those in their 20s—40s, and may be raising children/teens alone. Meets 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** — For those between “young adult” and early retirement. Meets 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** — For those who are retired or facing retirement. Meets on the **1st Wednesday of each month from 3pm-4:30pm**. Kari Douglas, LISW-S.

Lens of Creativity Around Loss (L.O.C.A.L.)

A mailing list designed to connect those who are grieving with creative and cultural opportunities throughout Central Ohio. Periodic updates will highlight grief related art exhibits, theater, dance, concerts, books, films, speakers, and other meaningful events that may offer connection, reflection, inspiration, or simply a different way of experiencing and expressing loss. There is no obligation to attend—L.O.C.A.L. is simply an invitation to explore what’s happening in our community. **Participants are responsible for any costs associated with events. These opportunities are not sponsored or endorsed by OhioHealth.** To be added to this email list, or to share an opportunity, please reach out directly to Sarah.Phillips@ohiohealth.com.

Ready to Join a Grief Support Group?

Adult Services (Ages 18 and older)	griefsupport@ohiohealth.com 614-533-6060 www.ohiohealth.com/loss-and-healing Select Grief Group Request
Youth Services (Ages 5-17)	youthgrief@ohiohealth.com 614-566-1728 www.ohiohealth.com/loss-and-healing Select Grief Group Request

*If registering by **phone or email**, please provide your contact information, the name of the deceased, your relationship to them, date of death, and the name of the group you wish to attend.*



Learn more about Loss and Healing Services
Scan the QR code to explore additional services and resources.

