

OhioHealth Loss and Healing Services

Grief Support Groups | Spring 2026

Registration Required — see final page for details

In-Person Groups (Central Ohio)

Adults Coping with the Death of a Father — Participants will learn about normal grief reactions when dealing with the death of a father. Meets on **Wednesday, June 17th from 6pm-7:30pm** at OhioHealth Hospice House. Brent Simonds, LISW.

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 OhioHealth Hospice House. This group is facilitated by hospice volunteer, Mitch Gross.

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, March 18th and Thursday, June 11th from 6pm-7:30pm** at OhioHealth Hospice House. Jean O'Leary-Pyles, LISW-S.

Just Breathe...Healing Grief with Sound Therapy — Lynn Friebe, a Yoga Instructor, Reiki Master, and Sound Practitioner, will lead the group using gentle stretching, breath work, and sound therapy which has been shown to heal grief at a deep level. Meets on the **3rd Tuesday of each month starting on Tuesday, May 19th through September 15th from 5:45pm-7pm** at OhioHealth Hospice House. Cost is \$45 per meeting and is payable to Lynn for her services at each group. A limited number of \$45 scholarships are available for each session and are awarded on a first-come, first-served basis. Please indicate at registration if you would like to be considered, based on availability. Kari Douglas, LISW-S.

Mother's Day Without Mom — Mother's Day can be especially difficult after the death of a mother. This group offers a supportive space to explore normal grief reactions and how this loss can impact coping. Meets on **Monday, April 13th from 4pm-5:30pm** at OhioHealth Hospice House. Stacie G. Sholl, MSW, LISW-S.

Mourning Conversations for Men — This group is for men who have experienced the death of a loved one. 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**. Registered 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. Regular weekly attendance is strongly encouraged. Meets weekly starting on **Wednesday, March 25th—May 13th from 6:30pm-8pm** at OhioHealth Hospice House. Stacie G. Sholl, MSW, LISW-S.

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. Starting in May, meets on the **3rd Thursday of each month from 1:30pm-3pm** at OhioHealth Hospice House. Faith Kennedy, LISW.

Young Adult Group — This group will support young adults (in their 20's) 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 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. This ancient ritual remains alive today. Join us in the spirit of remembrance. Children are welcome and no experience is required. Drums will be provided, or you may bring your own. Sessions for this group will be scheduled approximately every other month. Meets on **Sunday, May 3rd from 2pm-3:30pm** at the Gahanna Library, 310 Granville St, Gahanna, OH 43230. Sarah Phillips, LISW-S.

Healing with the Hounds — This group is for pet lovers to come together, mingle with the mutts, and experience the unconditional love and the healing power that only animals can bring. Space is limited and registration is required. The next two sessions will meet on **Saturday, April 18th and Saturday, June 13th from 10am-11:30am** at Gigi's Rescue, 6179 Wright Rd., Canal Winchester, OH 43110. Sarah Phillips, LISW-S.

Mahjong (Beginners) — This social offering will provide Mahjong lessons, utilizing the standard American Mahjong rules, and will be offered to those who are bereaved and ready to begin getting out and trying something new. Meets weekly on **Wednesday, June 3rd—August 5th from 12:30pm-2:30pm** at the Good Café, 4400 Easton Commons, Ste 150, Columbus, OH 43219. This group requires a commitment to attend at least 9 of the 10 groups, as this is a teaching group and each week builds on the previous one. Sarah Phillips, LISW-S.

The Good Grief Coffee Club — This casual group over a cup of coffee, allows bereaved individuals to come together in a relaxed setting to share thoughts, find support, and connect with others who understand. Sessions for this group will be scheduled every other month. Meets on **1st Wednesday of each month from 9am-10:30am** at the Good Cafe, located at 4400 Easton Commons, Suite 150. April's session will take place on April 8th. Sarah Phillips, LISW-S.

Art Workshops (Columbus) *Registration fees required. Please see each group 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 March 17th—April 14th** at the Ohio Craft Museum. There will be two class offerings: **1pm-3pm** (adults only) or **5:30pm-7:30pm** (13 years and older). Weekly attendance is strongly encouraged to have sufficient time to complete this project. 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 Safety — Participants will engage in the creative process while exploring their loss and sense of safety in the midst of grief. The art medium will be revealed in the group. Meets on **Thursday, May 14th from 5pm-7pm** at Ohio Hospice House. This workshop requires a \$20 non-refundable registration fee. Timberlee Harris, ATR-BC, LPAT and Fran Bednar, LISW-S.

Expressing Loss Through the Arts — This art workshop utilizes art materials as tools for expression and healing while grieving. Meets weekly on **Thursday, March 26th—April 23rd from 4:30pm-6:30pm** at OhioHealth Hospice House. Regular, weekly attendance is strongly encouraged. This workshop requires a \$20 non-refundable registration fee. Teresa Neill-Green, ATR, BC, LSW, Fran Bednar, LISW-S, and Timberlee Harris, ATR-BC.

Papermaking and Grief — Participants are invited to express and transform feelings of grief through the process of printmaking. No experience is needed, as you will be guided through the steps. Meets on **Tuesday, May 5th and Tuesday, May 12th from 4pm-6pm** at OhioHealth Hospice House. This workshop requires a \$20 non-refundable registration fee. Teresa Neill-Green, ATR, BC, LSW, Timberlee Harris, ATR-BC, and Fran Bednar LISW-S.

Spirit Dolls — During this group, participants will create a spirit doll. The process provides the opportunity for reflection while producing a tangible reminder of what made this person special. No artistic skills are needed. Materials will be provided; however, you may bring your own piece of fabric, memento, or special item in remembrance of your loved one. Meets on **Wednesday, May 27th from 5pm-7pm** at OhioHealth Hospice House. This workshop requires a \$20 non-refundable registration fee. Teresa Neill-Green, ATR, BC, LSW and Timberlee Harris, ATR-BC.

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

Mourning Coffee — Together we will help support each other, validate one another, and learn about grief and how to cope with it. Local coffee will be provided during each meeting. Meets on the **2nd Friday of each month from 9am-11am** at the Athens Public Library, 30 Home St, Athens, OH 45701. Kelsey Funk, LISW.

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

4-Session Mini Camp: Ages 6-14 years old will participate in discussions and hands-on activities with the grief counseling team.
June 8-11 from 9:30am-11:30am at OhioHealth Hospice House; 800 McConnell Drive, Columbus 43214.
July 20-23 from 9:30am-11:30am at OhioHealth Hospice House; 800 McConnell Drive, Columbus 43214.

4-Session Mini Camp: Ages 6-12 years old will participate in discussions and hands-on activities with the grief counseling team.
June 15-18 from 9:30am-11:30am at the Groveport Recreation Center; 7370 Groveport Road, Groveport 43125.

8-Week Teen Series: Learn to navigate feelings and responses to grief while gaining independence and tackling life challenges.
June 16-August 4 from 2pm-3pm (middle school); **3-4pm** (high school) at the Hilltop Library; 511 S Hague Ave, Columbus 43204.

6-Week Teen Series: Learn to navigate feelings and responses to grief while gaining independence and tackling life challenges.
June 17-July 22 from 3pm-4pm at the Reynoldsburg Library; 1402 Brice Road, Reynoldsburg 43068.

June 17-July 22 from 2pm-3pm at the Marion-Franklin Library 2800 Lockbourne Road Columbus 43207.

June 18-July 23 from 1pm-2:30pm at the Groveport Recreation Center; 7370 Groveport Road, Groveport 43125.

Spring Stepping-Stones Workshop: Ages 6-12 years old and their caregivers will connect with other families who have experienced loss through snacks, hands on activities, and shared stories (teens also welcome). **Sunday, April 19th from 1pm-2:30pm** at OhioHealth Hospice House.

Family Summer Workshop: Ages 6-18 years old will participate in discussions and hands-on activities with the grief counseling team. **June 16th from 4pm-5:30pm** at the Athens Community Center; 701 E State Street, Athens 45701.

Stepping-Stones Family Movie Night: Join our staff and other families touched by loss for a fun evening with snacks and a movie! **Friday, June 26th** (time TBD) at OhioHealth Hospice House.

SAVE THE DATE! Annual Stepping-Stones Grief Camp will be held on **Saturday, September 26th** at Camp Ken Jockey.

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 footwear. Meets on the **1st Tuesday of each month from 10:15am-11:45am**. Lisa Jamieson, APHSW-C MSSA LSW. See below for locations offered.

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

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

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 the Lexington Senior Civic Center, 67 East Main Street, Lexington, OH 44904. Lisa Jamieson, APHSW-C MSSA LSW and Kari Douglas, LISW-S.

Grief Movement Group — 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. Join this group to 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. The movements are all completed in a chair and are low impact for all ages. No skills are needed. Meets on the **1st and 3rd Mondays of each month from 11am-12pm** at Ontario Health and Fitness Center, 1750 West Fourth Street, Mansfield, OH 44907. 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)

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 Spring Flower Planting Memorial — We will gather as a community to memorialize the loss of your baby and to plant flowers in our Memorial Garden. The Memorial will be held on **Saturday, May 16th from 1pm-3pm** at the OhioHealth Hospice House Memorial Garden (formerly Kobacker House). If you are unable to attend, but would like your baby to be memorialized, you are still welcome to register and let us know your baby's name. To register, please email kari.douglas@ohiohealth.com. 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 — When someone we love experiences the loss of a pregnancy or child, understandably, support often focuses on the parents, but this loss impacts the entire family. Grief affects each person differently and can bring added stress, struggles and relationship changes. This group provides family members a safe space to share their grief and concerns. Grief education, healthy mourning practices, and coping strategies will be offered. Meets **in-person** on the **3rd Thursday of each month from 6pm-7:30pm** at OhioHealth Hospice House. Tracy Lutz-Youger, LISW.

Virtual Groups Using Zoom

Coping with the Loss of an Adult Child — This group offers caring, confidential support for parents dealing with the loss of an adult child. Meets on the **3rd Thursday of each month from 6:30pm-8pm**. Faith Kennedy, LISW.

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.

Coping with the 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.

Grief Movement Group — 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. The movements are all completed in a chair and are low impact for all ages. No skills are needed. Meets on the **1st and 3rd Mondays of each month from 11am-12pm**. Kari Douglas, LISW-S.

Introduction to Meditation and Other Alternative Therapies — This group will guide you through the education of your nervous system, while exploring different coping methods as you try them out in a supportive environment. This group will be full of experiential activities; we encourage you to arrive with an open mind and willingness to try something new. Meets weekly starting on **Monday, April 13th—May 18th from 3pm to 4:30pm**. Kari Douglas, LISW-S.

Navigating Loss Together — This group offers guided discussion through various grief topics, offering a space for learning, sharing, and healing. Meets on the **3rd Wednesday of each month from 2:30pm-4pm**. Lisa Jamieson, APHSW-C MSSA LSW. See upcoming topics below:

April 15: *Unpacking Anger Together*

May 20: *Still Hurting, Standing Alone: Where Did Everyone Go?*

June 17: *The Weight of Guilt/Regret: Making Peace with the Past*

Open Grief Group — This group is offered to anyone who wishes to connect with a counselor for grief education and support. Once registered, please feel free to drop-in whenever you are feeling the need to share your grief with others or talk to a counselor. Meets on the **1st and 3rd Monday of each month from 1pm-2:30pm**. Kari Douglas, LISW-S.

REGISTRATION INFORMATION

The OhioHealth Loss and Healing Services grief support groups are available for anyone who has experienced the death of someone in their life.

Registration Required

To register, call 614-533-6060 or email griefsupport@ohiohealth.com and provide the following information:

- First and last name
- Email address
- Phone number
- Mailing address
- Decedent name, relationship, and date of death
- Specific name of each group you wish to attend, including the start date and meeting time

ADDITIONAL RESOURCES

Interested in learning more about various art exhibits, theater, dance, concerts and other arts events being offered around Central Ohio related to grief?

Contact Sarah Phillips at sarah.phillips@ohiohealth.com if you would like to be on this list. Emails will be sent periodically throughout the year and any cost associated with any of these offerings will be the responsibility of the participants. Occasionally, there may be opportunities to meet and have a discussion about an event if time permits. Periodic emails will be sent out as information becomes available throughout the year.

CONTACT US

Adult Services: griefsupport@ohiohealth.com; 614-533-6060

Child & Adolescent Services: youthgrief@ohiohealth.com; 614-566-1728

Scan the QR code below or visit our website at www.ohiohealth.com/loss-and-healing for additional grief information.

