

OhioHealth Loss and Healing Services

Grief Support Groups | Summer 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. Starting Saturday, August 1, this group will meet on the **1st Saturday of each month from 10am-11:30am** at OhioHealth Hospice House. This group is facilitated by hospice volunteer, Mitch Gross.

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 Tuesday, May 19—September 15 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.

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 **Wednesday, August 5—September 23 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. 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 (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 OhioHealth Hospice House. Tracy Lutz-Younger, LISW and Sarah See, MS, LPC, CTP.

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 17 Blue Line Drive, Athens, OH. Kelsey Funk, LISW.

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. The next two sessions will take place on **Sunday, July 12 and Sunday, September 20 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, August 15 from 10am-11:30am** at Gigi's Rescue, 6179 Wright Rd., Canal Winchester, OH 43110. 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. Meets on **1st Wednesday of each month from 9am-10:30am** at the Good Cafe, located at 4400 Easton Commons, Suite 150. 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, September 29—October 27** at the Ohio Craft Museum. There will be two class offerings: **1pm-3pm** (adults only) or **5:30pm-7:30pm** (ages 13 and older). Weekly attendance is strongly encouraged. 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.

Expressing Loss Through the Arts — This art workshop utilizes art materials as tools for expression and healing while grieving. Meets weekly on **Thursday, September 10—October 8 from 5:30pm-7:30pm** at OhioHealth Hospice House. 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.

Zentangle — In the midst of grief, we may overlook the importance of mindfulness and relaxation. We will use structured, repetitive patterns to create a meditative drawing. Meets on **Tuesday, August 18** at OhioHealth Hospice House. There will be two class offerings: **1pm-3pm** or **5:30pm-7:30pm**. This workshop requires a \$20 non-refundable registration fee. Teresa Neill-Green, ATR, BC, LSW, Fran Bednar, LISW-S, and Timberlee Harris, ATR-BC.

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

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** at the Hilltop Library.

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.

June 18—July 23 from 1pm-2:30pm at the Groveport Recreation Center.

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 26** from 7pm-9pm at OhioHealth Hospice House.

4-Session Mini Camp: Ages 6-14 years old will participate in discussions and hands-on activities with the grief counseling team. **July 20—23 from 9:30am-11:30am** at OhioHealth Hospice House.

The Art of Grief: Art can be a way in which people may communicate and express their grief. Intended for families with children ages 6-18 years old. **Saturday, August 8 from 10:30am-12pm** at the Columbus Museum of Art.

SAVE THE DATE! Our Stepping-Stones Grief Camp will be held on **Saturday, October 3** at Camp Ken Jockey.

See next page for additional groups

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.](#)

July—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 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. 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 on the **1st and 3rd Mondays of each month from 11am-12pm**. 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 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-Younger, LISW.

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.

See back for additional groups and information

Virtual Groups Using Zoom *continued*

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. All movements are completed in a chair and are low impact for all ages. Meets 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.

Ready to Join a Grief Support Group?

www.ohiohealth.com/loss-and-healing and click **Grief Group Request**.

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

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

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.

Grief-Related Arts and Cultural Events

To receive updates about grief-related art exhibits, theater, dance, concerts, and other events in Central Ohio, please email sarah.phillips@ohiohealth.com. Participants are responsible for any costs associated with these events.

Scan to Learn More About OhioHealth Loss and Healing Services

