



# Pregnancy and Infant Loss

OhioHealth Loss and Healing Services provides support for anyone who has lost a pregnancy at any gestation and including the death of an infant up to one year of age. Your loss can lead you to a time of grief and a need for support during your journey of healing.

## Grief Counseling Sessions

Our trained professionals provide confidential grief counseling to individuals as well as couples grieving the loss of their child. Sessions are offered in-person or virtually and include the opportunity to share about your loss, express the feelings and emotions you are experiencing, discuss coping strategies and explore ways to commemorate your child.

## Memorials and Workshops

Special in-person events and workshops are planned throughout the year to help memorialize your loss. Opportunities include planting flowers and bulbs in our Memorial Garden and making a memorial lantern.

## Grief Support Groups

### **Pregnancy and Infant Loss Support Group**

1st Tuesday of each month virtually 7-9pm via Zoom.

*GOAL: to share story of loss and openly discuss topics with other loss survivors.*

### **Pregnancy After a Loss Support Group**

2nd Tuesday of each month virtually 7-9pm via Zoom.

*GOAL: to share their story of loss and getting pregnant again, discussion of emotions and coping skills. Ways to relax with breath work or meditation is offered.*

### **Grief Movement Group**

1st and 3rd Mondays of each month from 11-12pm.  
Open to all grieving communities

*GOAL: embodied work that uses movement, breath, and sound to release pain and struggle, allowing us to connect to more empowerment and love.*

Grief groups require registration. Contact us today!

## Contact

OhioHealth Loss and Healing Services  
[OhioHealth.com/loss-and-healing](https://OhioHealth.com/loss-and-healing)  
(614) 533-6060 | [GriefSupport@OhioHealth.com](mailto:GriefSupport@OhioHealth.com)

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