

# OhioHealth Loss and Healing Services

## Grief Support Groups — Winter 2026

Adult Services: [griefsupport@ohiohealth.com](mailto:griefsupport@ohiohealth.com); 614-533-6060

Child/Adolescent Services: [youthgrief@ohiohealth.com](mailto:youthgrief@ohiohealth.com); 614-566-1728

Below is the list of our current in-person and virtual grief support groups for anyone who has experienced the death of someone in their life. Please allow 5-7 days for your request to be processed. **Registration is required.** To register, call 614-533-6060 or email [griefsupport@ohiohealth.com](mailto:griefsupport@ohiohealth.com) and provide the following information:

- your first and last name
- personal email address
- personal phone number
- mailing address
- name of & relationship with your loved one, and date of his/her death
- the **specific name** of each group you wish to attend, including the start date and meeting time

### In-Person Groups (Central Ohio)

**Steps Toward Healing** — In this 6-10-week group, participants learn what experiences 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 encouraged, as group support is an important dynamic in this class. See below for dates and locations offered.

**Tuesdays, January 13th—March 17th from 6pm-7:30pm** at Dublin Methodist Hospital. Tracy Lutz-Youger MSW, LISW.

**Wednesdays, February 4th—March 11th from 1:30pm-3pm** at OhioHealth Hospice House. Faith Kennedy, LISW.

**Wednesdays, March 25th—May 13th from 6:30pm-8pm** at OhioHealth Hospice House. Stacie G. Sholl, MSW, LISW-S.

**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.

**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. This group will meet on the **4th Wednesday of each month from 6pm-7:30pm** at OhioHealth Hospice House. Tracy Lutz-Youger, LISW.

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

**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. The next two sessions will meet on **Wednesday, January 28th and Wednesday, March 18th both from 6pm-7:30pm** at OhioHealth Hospice House. Please register for *one* of these sessions. Jean O'Leary-Pyles, LISW-S.

**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. Keeping your hands busy with an activity can help quiet the mind during your grief journey. 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. 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.



## 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. The next two sessions will meet on **Sunday, January 11th** and **Sunday, March 1st from 2pm-3:30pm** at the Gahanna Library, 310 Granville St, Gahanna, OH 43230. 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. This group will meet on the **1st Wednesday of each month from 9am-10:30am** at the Good Cafe, located at 4400 Easton Commons, Suite 150. 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. This group will meet weekly beginning on **Wednesday, January 14th—March 18th from 1pm-3pm** 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 for beginners and each week builds on the previous one. 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. This group will meet on **Saturday, February 21st from 10am-11:30am** at Gigi's Rescue, 6179 Wright Rd., Canal Winchester, OH 43110. Sarah Phillips, LISW-S.

## Art Workshops (Columbus) *Registration fees required. See each group below for details.*

**Glue and Gold** — Participants will engage in the creative process while exploring loss. The art medium used will be revealed at the group. This workshop will take place on **Tuesday, February 24th** at OhioHealth Hospice House. There will be two class offerings: **1pm-3pm** or **6pm-8pm**. When registering, please indicate which time (afternoon or evening) you wish to attend. **This workshop requires a \$20 non-refundable registration fee.** Teresa Neill-Green, ATR, BC, LSW and Fran Bednar LISW-S.

**Printmaking** — 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. This workshop will meet on **Tuesday, March 3rd from 1pm-3pm** 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.

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

This 5-week workshop utilizes various hand-building techniques to create a ceramic memory bowl in honor of a loved one. This workshop will meet weekly beginning 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.

**Expressing Loss Through the Arts** — This 5-week workshop utilizes art materials as tools for expression and healing while grieving. This workshop will meet on **Thursday, March 26th—April 23rd from 4:30pm-6:30pm from** 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.

## Family Workshops (Columbus)

**Winter Stepping-Stones Workshop** — Join us for a family workshop where grieving families will have the opportunity to connect with other grieving families, eat snacks, have guided conversation and work on a hands-on family activity together. This program is geared towards youth ages 6-12 and their caregivers. Teens are also welcome. This workshop will take place on **Sunday, February 1st from 1pm-2:30pm** at Kobcker House. Grace Whistle, LISW-S, CCTP and Jamie Hudson, LISW-S. To register, call 614-566-1728 or email [youthgrief@ohiohealth.com](mailto:youthgrief@ohiohealth.com) by January 26th.

## 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. This group will meet on the **2nd Friday of each month from 9am-11am** at the Athens Public Library, 30 Home St, Athens, OH 45701. Kelsey Funk, LISW.

## In-Person Groups (Mansfield)

**Connection at Kingwood Center Gardens** — Please join us for a walk around Kingwood Center Gardens. Take in the beauty of nature and connect with others that are on a journey of healing. Dress appropriately for weather conditions and wear comfortable footwear. This group will meet on the **1st Tuesday of each month from 10:15am-11:45am**. See below for locations offered. Lisa Jamieson, APHSW-C MSSA LSW.

**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.

**Grieve, Gather, and Grow Brunch for Women** — Register for brunch with women who are navigating grief. We will be sharing topics and resources to help and support each other. Each guest is responsible for the cost of their beverage or meal. This group will meet 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.

**Finding Joy After Loss** — Please join us to learn activities that help find meaning and joy after experiencing grief. This group will meet 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.

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

**Lunch Bunch** — This social support is for those coping with the death of a loved one. The group objective is to enjoy lunch, meet new friends and feel supported in your grief. This group will meet 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.

**SilverSneakers®Yoga** — Adults are invited to 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. This group will meet **every Friday from 11:30am-12:15pm** at the OhioHealth Ontario Fitness Center. Group will not take place on January 2, 2026. A medical waiver *must* be signed prior to participating. Lisa Jamieson, APHSW-C MSSA LSW.

**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. This group will meet 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.

## Virtual Groups Using Zoom

**Steps Toward Healing** — In this 6-week group, participants learn what experiences 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 encouraged, as group support is an important dynamic in this class. This group will meet weekly starting on **Thursday, February 19th—March 26th from 7pm-8:30pm**. Brianna Abbott, LPC.

**A Hidden Loss: Self-Esteem/Self-Confidence and Grief** — When someone dies, we don't just lose them—we often lose the version of ourselves that existed in relationship with them. This is a kind of identity loss in grief that is rarely talked about. It can affect our self-esteem and self-confidence. Whether it's the confidence we once felt, our sense of purpose, or the role we held in that person's life, grief can change who we are. It is like a ripple effect across all parts of our lives. We are offering 6 sessions to help you rediscover who you are now while on your journey. Finding strategies to rebuild self-trust on a path forward. This group is intended for those who have attended a *Steps Toward Healing* or a *GriefShare* group and are looking for the next steps in their grief journey. This group will meet weekly starting on **Tuesday, February 3rd—March 10th from 2:30pm-4pm**. Lisa Jamieson, APHSW-C MSSA LSW.

**Navigating Loss Together** — Navigating Loss Together is here to guide you through various grief topics, offering a space for learning, sharing, and healing. The next three topics are *Myths of Grief – Grief 101* (January), *Why am I so Fatigued?* (February), and *Anxiety* (March). This group will meet on the **3rd Wednesday of each month from 2pm-4:00pm**. Lisa Jamieson, APHSW-C MSSA LSW.

## 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. The movements are all completed in a chair and are low impact for all ages. No skills are needed. This group will meet on the **1st and 3rd Mondays of each month from 11am-12pm**. Kari Douglas, LISW-S.

**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. This group will meet on the **1st and 3rd Monday of each month from 1pm-2:30pm**. Kari Douglas, LISW-S.

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

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

**Coping with the Loss of an Adult Child** — This group offers caring, confidential support for parents dealing with the loss of an adult child. This group will meet 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. This group will meet 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. This group will meet 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 who might loosely describe themselves as "middle age," between "younger adult" and early retirement. This group will meet 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. This group will meet on the **1st Wednesday of each month from 3pm-4:30pm**. Kari Douglas, LISW-S.

**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](mailto: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.



Scan the QR code for additional grief information!

