

OhioHealth Loss and Healing Services

Grief Support Groups — Fall 2025

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

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



Scan the QR code for our current list of groups and general grief information!

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 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)

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. This group will meet on **Wednesday, September 24th from 6pm-7:30pm** at Kobacker House. Jean O’Leary-Pyles, LISW-S.

Steps Toward Healing — In this 6-8-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.

Thursdays, Oct 2nd—Nov 20th from 6pm-7:30pm at Harlem Road Church. Tracy Lutz-Youger MSW, LISW.

Tuesdays, Oct 7th—Nov 25th from 6pm-7:30pm at Dublin Methodist Hospital. Tracy Lutz-Youger MSW, LISW.

Wednesdays, Nov 5th—Dec 17th from 6:30pm-8pm at Kobacker House. Stacie Sholl, MSW, LISW-S. *Group will not meet on Wednesday, November 26th.*

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.

Stitch Through Grief — Participants will use their hands to knit, crochet, or loom while processing their grief. All forms of stitch work are welcome; no experience is needed. Looms and yarn will be available for beginners (please identify your comfortability with stitch work at time of registration). This group will meet on the **1st Saturday of each month from 10am-11:30am** at Kobacker House. This group is facilitated by hospice volunteers, Barb Ernski and Mitch Gross.

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 Kobacker 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.

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, September 21st and Sunday, November 9th 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. The next session will meet on **Wednesday, November 5th from 9am-10:30am** at the Good Cafe, located at 4400 Easton Commons, Suite 150. Sarah Phillips, LISW-S.

Positively Grieving — This group will focus on our strengths and celebrate the hard things that we continue to face and conquer as we continue to grieve. Sessions for this group will be scheduled every other month. The next two sessions will meet on **Tuesday, October 7th and Tuesday, December 2nd from 7pm-8:30pm** at the ReMax Town Center Office, 4349 Easton Way, Suite 110, Columbus, OH 43219. Parking is in the rear of the building. Co-facilitator Kelsie, the bereavement therapy dog, will also be in attendance. Sarah Phillips, LISW-S.

Mahjong (Experienced Players) — This social offering is for those who have already learned the American version of the game. Bereaved players will meet weekly on **Wednesdays from 10:30am-12:30pm** at the Good Cafe, located at 4400 Easton Commons, Suite 150. 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, November 8th from 10am-11:30am** at Gigi's Rescue, 6179 Wright Rd., Canal Winchester, OH 43110. Sarah Phillips, LISW-S.

In-Person Pregnancy and Infant Loss Groups (Columbus)

Pregnancy and Infant Loss Fall Planting Memorial — We will gather as a community to memorialize your baby with planting a flower bulb in their honor. This flower bulb will bloom in the spring. Everyone is welcome and encouraged to come support each other during this ritual of planting and creating a special space to honor those that we lost too soon. This gathering will take place on **Sunday, October 5th 2pm-4pm** in the Pregnancy and Infant Loss Memorial Garden at Kobacker House. If you are unable to attend but wish to have a flower bulb planted in your baby's name; please register for this event, letting us know you are not able to attend in-person. Please include your baby's name, so a flower can be planted in your absence. To register, please email kari.douglas@ohioHealth.com or call 567-217-3252. Kari Douglas, LISW-S.

Pregnancy & Infant Loss Support Group — This group is for moms/dads/non-pregnant partners who have lost a pregnancy or an infant in the first year after birth. This group is to meet others who have had a similar loss and be able to share your story. In honor of Pregnancy and Infant Loss Awareness Month, this group will meet in-person on **Tuesday, October 7th from 6pm-8pm** at Kobacker House. This group will continue to meet virtually on the 1st Tuesday of each month from 7pm-9pm in November and December. *There will be no Zoom option for October's group. Please register for this in-person group if you wish to attend.* Kari Douglas, LISW-S.

Lanterns and Lights: A Wave of Light Event — *OhioHealth Loss and Healing Services* is collaborating with *Let the Light In* to host a special event in honor of Pregnancy and Infant Loss Awareness Day. This event will take place on **Wednesday, October 15th from 6pm-8pm** at Kobacker House. The evening will be divided into two parts. We will begin at 6pm by creating customized memorial lanterns. At 7pm, we will gather for the Wave of Light ceremony, where you will have the opportunity to light your lantern in remembrance of your baby. This event is free of charge. If you are unable to attend, you may still request that a candle be lit in memory of your loss. To register, please visit: <https://givebutter.com/MZ6qef>. Kari Douglas, LISW-S.

Art Workshops (Columbus) *All art workshops require a \$20 non-refundable registration fee.*

Ceramic Memory Bowl — This 5-week workshop utilizes various hand-building techniques to create a ceramic memory bowl in honor of a loved one. This group will meet weekly beginning on **Tuesday, October 7th through November 4th** at the Ohio Craft Museum in Grandview Heights. There will be two times offered: **1pm-3pm** (adults only) or **6pm-8pm** (13+ with a guardian). When registering, please indicate which time you wish to attend. Weekly attendance is strongly encouraged. Teresa Neill-Green, ATR, BC, LSW and Fran Bednar, LISW-S.

Scandinavian Star — Participants will make their own star using natural hardwood splints and simple weaving techniques. The star symbolizes hope, guidance and the light that shines through even during the darkest times (both figuratively and literally, such as, during the Winter Solstice). This workshop will meet on **Monday, November 3rd** at Kobacker House. There will be two times offered: **1pm-3pm** or **5:30pm-7:30pm**. When registering, please indicate which time you wish to attend. Teresa Neill-Green, ATR, BC, LSW and Fran Bednar, LISW-S.

Spirit Dolls — Participants will create a spirit doll. The process provides the opportunity for reflection while producing a tangible reminder of what made this person special. Materials will be provided; however, you may bring your own piece of fabric, memento, or special item in remembrance of your loved one. This workshop will meet on **Thursday, November 13th from 5pm-7pm** at Kobacker House. Teresa Neill-Green, ATR, BC, LSW and Timberlee Harris, ATR-BC.

Broken Pieces — Bereaved often express feeling broken after the loss of a loved one. We will create mosaics (breaking glass, designing, adhering, grouting, and staining the final product), allowing participants creative expression, while finding a way to mend their broken pieces. Many find breaking the glass to be very cathartic on their grief journey. This workshop will meet on **Tuesday, November 18th, and November 25th from 5pm-7pm** at Kobacker House. Attendance at both classes is required. Teresa Neill-Green, ATR, BC, LSW and Fran Bednar LISW-S.

Glue and Gold — Participants will engage in the creative process while their exploring loss. The art medium used will be revealed at the group. This workshop will take place on **Thursday, December 11th from 1pm-3pm** at Kobacker House. Teresa Neill-Green, ATR, BC, LSW and Fran Bednar LISW-S.

Holiday Workshops (Columbus)

Fall Family Gathering — *To register, call 614-566-1728 or email youthgrief@ohiohealth.com by October 13th*

Fall brings colorful leaves, cooler temperatures, and shorter days. Much like fall, grief brings many changes into our lives. Grieving families will have the opportunity to connect over fall-themed snacks, guided conversation, and creating a visual art project together. This program is geared toward youth ages 6-12 and their caregivers, but teens are also welcome. This workshop will meet on **Sunday, October 19th from 3pm-4:30pm** at Kobacker House. Grace Whistle, LISW-S, CCTP and Teresa Neill-Green, ATR, BC, LSW.

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

The holiday season reminds us of traditions as we gather with family and friends. The absence of a loved one is often heightened during this time. It can be helpful to recognize these traditions while remembering and honoring those who have died. Our licensed grief counselors will facilitate a holiday group discussion and commemorative hands-on activity for youth ages 6-15. Meanwhile, caregivers are invited to participate in supportive discussion honoring their own grief journey with a bereavement counselor in a separate area of the facility. See below for dates and locations offered.

Columbus: December 8th, 6pm-7:30pm at Kobacker House, 800 McConnell Drive, Columbus, OH 43214.

Delaware/Marion: December 8th, 5:30pm-7pm at The Arts Castle, 190 W. Winter Street Delaware, OH 43015.

Coping Through the Holidays — Participants (18 and older) will focus on navigating traditions, holiday gatherings, family dynamics and finding ways to memorialize a loved one during the holidays. This workshop will meet on **Wednesday, December 3rd from 6pm-7:30pm** at Kobacker House. Alexis Yates, MSW, LSW and Teresa Neill-Green, ATR, BC, LSW.

In-Person Groups (Mansfield) *To register, call 567-217-3253 or email griefsupport-mansfield@ohiohealth.com*

Connection at Kingwood Center Gardens — Please join us for a walk around Kingwood Center Gardens and take in the beauty of nature. 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 at 10:15am**. See below for details.

January and December 2025 at Ontario Health and Fitness Center, 1750 West Fourth Street, Mansfield, OH 44907.
February—November 2025 at 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 at 11am-12:30pm**. Please call 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 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 Tuesday of each month from 1pm-2:30pm** at Golden Corral, 575 N Lexington Springmill Rd., Mansfield, OH 44906. Lisa Jamieson, APHSW-C MSSA LSW.

Navigating Loss Together — Navigating Loss Together is here to guide you through grief topics. Offering a space for learning, sharing, and healing. The next topic being discussed is Coping with the Holidays. This group will meet on **Wednesday, October 22nd from 2pm-4pm** at Area Agency on Aging, 2131 Park Ave. West, Ontario, Ohio 44906. 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 weekly beginning on **Friday, September 5th through December from 11:30-12:15pm** at the OhioHealth Ontario Fitness Center. 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.

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

Mourning Coffee — This is a free grief support group open to any adult grieving the death of a loved one. 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.

Virtual Groups Using Zoom

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**. 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.

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.

Pregnancy & Infant Loss Support Group — This group is for parents who have lost an infant either during pregnancy or in the first year after birth. This group will meet on the **1st Tuesday of each month from 7pm-9pm**. Please note that the October session will be held in-person at Kobacker House in honor of Pregnancy and Infant Loss Awareness Month. 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 a Spouse, Partner or Significant Other — We offer *three* separate groups, loosely based on age. You are welcome to attend more than one of these groups. 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."

1. Younger Adults After the Loss of a Spouse, Partner or Significant Other — This grief support group is for those in their 20s—40s and who 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 — This group is for those who might loosely describe themselves as "*middle age*." Somewhere 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 — This group is 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.