

## OhioHealth Hospice

### Grief Support and Education Programs

Call (614) 566.5377 for more information and to register

OhioHealth Hospice, Kobacker House (KH), 800 McConnell Drive, Columbus OH 43214  
OhioHealth Hospice Delaware (GMH), 561 W. Central Avenue, Delaware OH 43015

OCTOBER, NOVEMBER, DECEMBER 2018

#### GRIEF SUPPORT GROUPS

**Men and Grief** - This once monthly group for men will explore issues of grief and ways men can cope. **First Monday** of the month (if this falls on a holiday, group will be the second Monday), 7-8:30 PM. Call 614.533.6060 to register. KH

**Steps Toward Healing** - Grief support group for adults who have lost a loved one. Meets weekly for eight sessions on **Wednesdays**; 10/3 – 11/21/18, 7-8:30 PM. Group to be offered in two locations. KH and Dublin Methodist Hospital. Call 614.533.6060 to register.

**Moving through Grief with Yoga** - This class focuses on the physical body as a vehicle for expression, wisdom and understanding during bereavement. The emphasis is on basic relaxation and breathing practices that can restore balance during the mourning process. No previous yoga experience is necessary; however, participants must be able to move freely from standing to sitting to lying on the floor. Beth Dalvi, MSW, LSW and Teresa Neill-Green, ATR, BC, LSW. Tuesdays; 10/2 through 11/6/18, 1-3 PM Space is limited and registration is required. Call 614.533.6060 to register.

**Ceramics (Memory Bowl)** – This adult grief support group utilizes various handbuilding techniques to create a ceramic memory bowl in honor of their loved one. Teresa Neill-Green, ATR, BC, LSW. Space is limited and registration is required. Tuesdays, 11/06/18 – 12/4/18 (skipping 11/13), 1 – 3 pm. Call 614.533.6060 to register.

**Centering Meditation for Grief and Loss** – This group is open to anyone who wants to explore a variety of experiential practices for building awareness, stability, and calm within, while affirming the changed but continuing connection to their loved ones. Each meeting will include exercises that engage the body and mind through guided visualization, breath awareness, and simple meditation. Faith Kennedy, LISW-S and John Florian, MTS. Mondays, 10/15 – 11/19/18, 2:30 pm - 4 pm. Call 614.533.6060 to register. KH

#### CHILDREN AND TEENS

**Stepping Stones** - A grief support program for children ages 6-12, who have lost a loved one, utilizing discussion through expressive arts activities. **Third Saturday** of the month. 9-11:30 AM. Adult group is available from 9-10:30 AM. Consultation available for adults with preschool age children. Special events planned throughout the year. Christie Echard-McBride, LISW-S, CTP and Donna Hrabcak, MA, ATR Call 614.533.6060 to register. KH

**Ceramics For Teens (Memory Bowl)** – This grief support group for teens 13-18 years of age, utilizes various handbuilding techniques to create a ceramic memory bowl in honor of their loved one. Teresa Neill-Green, ATR, BC, LSW and Christie Echard-McBride, LISW-S, CTP. Space is limited and registration is required. Tuesdays, 11/06/18 – 12/4/18 (skipping 11/13), 6 pm – 8 pm. Call 614.533.6060 to register.



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## **SPECIFIC LOSS GROUPS**

**Pregnancy and Infant Loss Group** – A support group for parents who have lost a baby before, during, or in the first year after birth. **First Tuesday** of the month, **7-9 PM**. Sarah Phillips, LISW-S. Call **614.533.6060** to register. KH

**Annual Candlelight Tulip Bulb Planting Ceremony for Pregnancy and Infant Loss** – A time of reflection and remembrance, to come together with those who have lost a baby either during pregnancy or in the first year after birth. Tulip bulbs will be provided. Please bring a small spade or shovel. Families and children are welcome. **Tuesday, October 2, 7:00 PM**. Sarah Phillips, LISW-S. Call **614-533-6060** to register KH

**Younger Widowed Persons Support Group** – A support group for those who have experienced the death of a spouse and are primarily still of an age to be working. **Second and Fourth Tuesday** of the month from **7-8:30 PM**. Call **614.533.6060** to register. KH

**Widow-Widowers Support Group** - **First Wednesday of the month**, 2-3:30 PM. Meets at Maple Grove United Methodist Church, 7 W. Henderson Rd. at High and Henderson, Columbus. Call **614.533.6060** to register.

**Til Death Do Us Part** – This monthly educational and support group will address the special issues that young widow/widowers face including raising children alone, managing people's comments like "you have your whole life ahead of you," living with grief and dating. **Third Tuesday of the month**, from **7 to 8:30 PM**. Call **614.533.6060** to register. KH

**Coping with the Loss of an Adult Child** – This monthly support group offers compassionate, confidential support for parents dealing with the loss of an adult child. **Third Thursday of each month**, **7 – 9 PM**. Elaine Manley, MSN, RN. Call **614.533.6060** to register. KH

**Adults Coping with the Death of a Parent/Parents** – This monthly group will address the special issues that adult children face in dealing with the loss of a parent or parents. **Second Monday of each month**, **6:30 – 8 PM**. Faith Kennedy, LISW-S. Call **614.533.6060** to register. KH

## **WORKSHOPS and OTHER OFFERINGS**

**Book Study Dealing with Grief** – This group will meet on the **First Thursday** of each month; **6:30 to 8:00 PM**. Faith Kennedy, LISW-S. Call **614.533.6060** to register. KH

**Healing Drumming Circle** – For thousands of years, drumming has been a part of almost every culture. Studies reveal that drumming can accelerate physical and emotional healing, boost the immune system, and have a calming effect. This ancient ritual remains alive today. Please join us in the spirit of remembrance. Children are welcome. No experience required. Drums will be provided or you may bring your own. Program will be held outside or inside depending on weather. **Sunday, November 18, 2018, 2:00 PM**. Sarah Phillips, LISW-S. Call (614) 533-6060 to register. KH

**Keeping Busy with Meaningful Activity** – The loss of a loved one can leave us with a void that affects us not only in our emotions, but also in our day-to-day routines. This workshop explores the need to focus on our leisure pursuits and the importance of actively planning this aspect of our life. Practical ideas and resources will be discussed. **Thursday, December 20, 2018, 2 – 4 PM**. Brian Ballenger, MA, LSW, ADC. Call (614) 533-6060 to register. KH

**A Mourning Walk in the Afternoon** – This exercise of remembrance will be a reflective, meditative, and guided walk on Peggy's Path surrounding the Kobacker House. The approximate distance is ¾ mile and involves some paved hilly terrain. Please wear comfortable shoes. In case of inclement weather, this event will be cancelled. **Sunday, October 21; 2:00 PM**. Sarah Phillips, LISW-S. Please call **614.533.6060** to register. KH

**Dealing with Holidays and Special Days** – Holidays, anniversaries, birthdays and special days can be challenging and stressful after the loss of a loved one. Come and discover suggestions to help you through these celebrated days. **Wednesday, November 14, 1-3 PM; OR Thursday, December 13, 6:30 – 8:00 PM**. Carol Doust, LSW, LPCC. Call **614-533-6060** to register. KH

**Dealing with Holidays and Special Days** – Holidays, anniversaries, birthdays and special days can be challenging and stressful after the loss of a loved one. Come and discover suggestions to help you through these celebrated days. **Thursday, November 15, 1-3 PM; OR Monday, December 10, 6:30 – 8:00 PM**. Carol Doust, LSW, LPCC. Call **614-533-6060** to register. GMH

See [www.ohiohealth.com](http://www.ohiohealth.com) for more information. Groups and workshops are offered at no charge. Counseling services are also available. Consultation and training programs are available for schools, worksites, professional groups and faith communities.