

Call to register

OhioHealth HomeReach Hospice, Kobacker House (KH), 3595 Olentangy River Rd., Columbus OH 43214-4034

If the program is marked KH, call 614-566-5377

OhioHealth HomeReach Hospice Delaware (GMH), 561 W. Central Ave., Delaware OH 43015-1489

If the program is marked GMH, call 740-615-0558

Support programs funded with assistance from Schoedinger Funeral Service.

GRIEF SUPPORT GROUPS

Grief Education Series – Have you experienced the death of someone close in the past year? Would you like to learn how to effectively deal with your grief? This six week, informal and informative series is tailored to your needs. Class builds upon each week's lessons. **Tuesday's, July 5 through Aug. 9, 10–11:30 a.m.** Lucy Hunter, MA, Transitions Counseling 230 N Sandusky St, Delaware, 43015. **GMH**

Steps Toward Healing - Grief support group for adults who have lost a loved one. Meets weekly for eight sessions on Wednesday's, 7 to 8:30 p.m. **Apr. 6 through May 25. Next group July 13 through Aug 31. KH**

Men and Grief – This monthly group for men will explore issues of grief and ways men can cope. Third Monday of the month, 7-9:00 p.m. **KH**

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, 7-9:00 p.m. **KH**

Widow-Widowers Support Group - First Wednesday of month, 2-3:30 p.m. Meets at Maple Grove United Methodist Church, 7 W. Henderson Rd. at High and Henderson, Columbus. **KH**

Younger Widowed Persons Support Group – Second Tuesday of the month from 7-8:30 p.m. **KH**

Younger and/or Still Working Widows/Widowers – Third Monday of month, 6-7:30 p.m. Grady Foundation House, 5 Orchard Lane, Delaware. **GMH**

Please see the other side for additional offerings.

Grief Support and Education Programs

Call 614 | 566-5377 to register and for information

 **HomeReach
Hospice**
OhioHealth

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CHILDREN AND TEENS

Small Steps Pre-School Program - A grief support program with activities and discussion for parents and children ages 3-5 about coping with loss. Third Saturday of the month, **9-10:30 a.m.** KH

Stepping Stones - A grief support program for children ages 6-12, who have lost a loved one. Discussion through hands-on activities. Meets the third Saturday of the month, **9-11:30 a.m.** Adult group is available from 9-10:30 a.m. KH

PathFinders Teen Group - A grief support group for teens 13-18 who have lost a loved one. The sessions include discussion & activities led by a grief specialist. Last Monday of the month, **6-7:30 p.m.** KH

Your Heart to Mine - Children's bereavement program for ages 6 to 12 who have lost a loved one. Art, storytelling, puppets and writing are used to facilitate the children in dealing with their grief. An adult support group meets at the same time. Diane Hodges, MA, ATR, PTR **July 11 through Aug. 15; 4:45 to 6:45 p.m. Delaware. Call (740) 615.0558 GMH**

WORKSHOPS

When an Adult Child Dies - Parents of any age have special needs when grieving the loss of an adult child. Coping skills and learning how to adjust to this powerful loss are discussed. **Aug. 16, 6:30-8 p.m.** Lucy Hunter, MA, Transitions Counseling 230 N Sandusky St, Delaware, 43015. **GMH**

See www.ohiohealth.com for more information. Click on **Classes**. Click on **View All OhioHealth Classes**. Click on **Grief** under the class listing. Groups and workshops are offered at no charge. Counseling services are available on sliding fee basis. Consultation and training programs are available for schools, worksites, professional groups and faith communities.