



Grief Support Program

Supporting Adults in Grief

Grief is a universal yet unique experience for those who have encountered the death of someone close to them. It can have an effect on one's mind, body, spirit and heart, and can feel overwhelming to manage alone. The OhioHealth Community Grief Support Program was developed to provide individual and group support to assist those on the path toward healing. Our services are generally offered at no cost and are available to those in our central Ohio community.

Individual Grief Counseling

Individual counseling is available for those who desire support in sharing and processing their grief experience with a licensed grief counselor. We offer an average of 6-8 sessions in person, virtually, or by phone, with a focus on

- Sharing about your person and loss
- Learning about typical grief responses
- Processing what you are thinking, feeling and experiencing
- Learning healthy ways to navigate and cope with your feelings and reactions

Community Education

In addition to counseling, our bereavement team provides education to the community through various speaking engagements and presentations related to:

- Understanding and coping with loss
- Grief in the school or work setting
- How to help your community when a tragedy occurs

Grief Support Groups

Our groups offer the opportunity for people to come together in a shared experience of grief. The groups range from a focus on education or a specific kind of loss, to creative arts and health/bodywork. Our groups are everchanging, but some common ones that are routinely available are Steps Toward Healing, Loss of a Parent or Adult Child and Ceramic Memory Bowl. We provide a quarterly listing of our current groups and ask that you register for what you may like.

Our counselors also develop unique workshops with topics such as Keeping Busy with Meaningful Activity, Dealing with the Holidays, Understanding Suicide Grief and Mourning Walks at a local state park.

Community Resource Information

Our counselors are familiar with many community resources and are available to those desiring additional options and resources to aid in their mental health and wellbeing. These resources include social and mental health community agencies and programs.

To learn more about grief support or to register for a support group call 614-533-6060 or email griefsupport@ohiohealth.com.

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