



## Grief Support Program

# Pregnancy and Infant Loss

OhioHealth Community Grief services are available for anyone who has lost a pregnancy at any gestation and including the death of an infant up to one year of age. Your loss can lead you to a time of grief and a need for support during your journey of healing.

### Grief Counseling Sessions

Our trained professionals provide confidential grief counseling to individuals as well as couples grieving the loss of their child. Sessions are offered in-person or virtually and include the opportunity to share about your loss, express the feelings and emotions you are experiencing, discuss coping strategies and explore ways to commemorate your child.

### Memorials and Workshops

Special in-person events and workshops are planned throughout the year to help memorialize your loss. Opportunities include planting flowers and bulbs in our Memorial Garden and making a memorial lantern.

### Contact Us

614-533-6060

[griefsupport@ohiohealth.com](mailto:griefsupport@ohiohealth.com)



**SCAN TO LEARN MORE**

OhioHealth Community Grief programming is supported by the generosity of our community, including The OhioHealth Foundation, The Thomas and Ann DiMarco Family Foundation, The Marion Foundation and The Patricia A. DiNunzio Ovarian Cancer Fund. There are currently no costs associated with services.

### Grief Support Groups

#### **Pregnancy and Infant Loss Support Group**

1<sup>st</sup> Tuesday of each month virtually 7-9pm via Zoom.

GOAL: to share story of loss and openly discuss topics with other loss survivors.

#### **Pregnancy After a Loss Support Group**

2<sup>nd</sup> Tuesday of each month virtually 7-9pm via Zoom.

GOAL: to share their story of loss and getting pregnant again, discussion of emotions and coping skills. Ways to relax with breath work or meditation is offered.

#### **Grief Movement Group**

1<sup>st</sup> and 3<sup>rd</sup> Mondays of each month from 11-12pm.  
*Open to all grieving communities*

GOAL: embodied work that uses movement, breath, and sound to release pain and struggle, allowing us to connect to more empowerment and love.

*Grief groups require registration. Contact us today!*

