



Grief Support Program

Community Grief

Mission Statement

To support members of our community who are struggling with the death of someone in their lives.

Individual Grief Counseling

The community grief program provides individual counseling by licensed grief counselors who discuss the following themes with the bereaved:

- Understand typical responses to grief and loss
- Learn healthy ways to express, navigate, and cope with their feelings and reactions
- Coping strategies during holidays and anniversaries

Grief Support Groups

Our grief support groups are available to the community who have experienced the death of someone in their lives. The groups offered range from general Steps Towards Healing to specific support groups tailored to Loss of a Spouse, Partner or Significant Other, or the Loss of a Parent, or the Loss of an Adult Child, just to name a few.

Our counselors also develop unique workshops that focus on Keeping Busy with Meaningful Activity, Dealing with Holidays, Understanding Suicide Grief and Mourning Walks at a local state park.

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

Meeting the Needs

The bereavement team has grown tremendously over the last few years to meet the growing needs of our community. During this time the program has seen an increase in the number of trauma, suicide and overdose related deaths throughout Ohio.

Community Education

The bereavement team helps to educate the community through various speaking engagements and presentations related to:

- Crisis response situations
- Understanding what grief is
- How to help your community when a tragedy occurs

Community Resource Information

The bereavement counselors can provide clients with options and resources to aid in their mental health and wellbeing. These resources include trauma services, 12-step groups, individual therapists, suicide support, marriage counseling and more.

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

