



## Grief Support Program

# Pregnancy and Infant Loss

### Mission Statement

*To support parents after the death of their child.*

### Painful Loss

A loss at any age is difficult. When the loss is that of a child younger than 1 years old, or a during a pregnancy, the grief can be indescribable. Sadly, too many parents experience this type of loss. Our bereavement counselors who specialize in pregnancy and infant loss are here to support these parents and families.

### Meeting the Needs

Our trained professionals are here to listen to the feelings expressed by the bereaved, ask questions, make suggestions, and as importantly, offer the space for healing to begin.

According to the CDC in 2022, Ohio reported 912 infant deaths. Ohio has one of the highest mortality rates of 7.11 in the nation.

Each year about 24,000 babies are stillborn in the United States according to Centers for Disease Control and Prevention.

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.

### Group or Individual Counseling

The program provides both individual and small group grief support services. Licensed grief counselors discuss the following themes with community 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

Our virtual support group allows us to reach more families throughout Ohio and surrounding states.

### Garden Ceremonies

The program plans garden ceremonies to honor the children twice a year in our Memorial Garden located at Kobacker House.

In the spring we plant flowers the Sunday after Mother's Day. Additionally, we hold a Candlelight Garden ceremony in October in honor of Pregnancy and Infant Loss Awareness Month. We are honored to be part of these special moments along their grief journey.



# Pregnancy and Infant Loss Support Group

**For parents who have lost a baby before, during or within the first year of birth.**

**Meets first Tuesday of the month.  
7 to 9 PM.**

- + Led by Kari Douglas, LISW-S, bereavement counselor with OhioHealth Hospice.
- + One-on-one counseling is also available.
- + This support group meets virtually via Zoom.

**TO REGISTER**

**To register for the support group or to request one-on-one counseling, please call: (614) 533-6060 or email [GriefSupport@OhioHealth.com](mailto:GriefSupport@OhioHealth.com).**





# Pregnancy After a Loss Support Group

**For parents who have had a pregnancy or infant loss and are now pregnant again.**

**Meets the second Tuesday of each month from 7-9 PM.**

- + Led by Kari Douglas, LISW-S, bereavement counselor with OhioHealth Hospice.
- + One-on-one counseling is also available.
- + This support group meets virtually via Zoom.

**TO REGISTER**

**To register for the support group or to request one-on-one counseling, please call: (614) 533-6060 or email [GriefSupport@OhioHealth.com](mailto:GriefSupport@OhioHealth.com).**

