



Parish Health Ministry

Further Grief Resources...

Books:

Healing the Greatest Hurt by Matthew Linn, Dennis Linn, and Sheila Fabricant

Letters to My Husband by Fern Field Brooks

When a Man Faces Grief by James E. Miller

Grieving: How to Go On Living When Someone You Love Dies by Therese A. Rando

Don't Sing Songs to a Heavy Heart: How to Relate to Those Who Are Suffering by Kenneth Haugk

Care Notes, published by Abbey Press, are small booklets on dealing with grief, understanding the funeral process, getting through specific times following the loss, overcoming loneliness, healing from loss, and taking comfort in memories. <http://www.abbeypresspublications.com>

There is also a good selection of books related to grief at www.actapublications.com and books and DVDs at www.willowgreen.com.

Hospice contact information:

Cincinnati: <http://www.hospiceofcincinnati.org> - (513) 891-7700

Butler/WarrenCounty: <http://www.hospiceofdayton.org/hospice-of-butler-warren-counties> - (513) 422-0300

Dayton: <http://www.hospiceofdayton.org> - (937) 256-4490

Columbus: <http://www.mountcarmelhealth.com/hospice> - (614) 234-0208

Southeastern Ohio: <http://www.somc.org/hospice> - (740) 353-2567

West Virginia: <http://www.hospiceofhuntington.org> - (304) 529-4217

Support Groups: *(It is suggested to always **contact** the specific group before attending, as dates and times can change.)*

Cincinnati/Northern Kentucky:

Adult Bereavement Support Groups - Hospice of Cincinnati: Alan Gruber (513) 686-8120, Polly Peterson (513) 686-8122 or Claire Peasley (513) 686-8121, Vivian Jones (513) 686-8139. Six-week afternoon Support Group, ongoing afternoon Group, six-week evening Support Group, and Special Days Workshops offered on grief-related topics. Call for dates, times and location information.

Fernside - Supporting Children & Families through Grief - (513) 246-9140. FREE peer support groups facilitated by trained volunteers for children ages 3-18 who are grieving the death of an immediate family member, extended family member or friend due to any cause. Parents/guardians meet at the same time but separately. Other services: camp program, crisis support, telephone support, Resource Center, Community Outreach, website www.fernside.org. Anderson, Blue Ash, Hamilton, West Side & Downtown locations.

Life Transitions - The Wellness Community: Bonnie Crawford (513) 791-4060. For those who are experiencing the death of a loved one from cancer. Meets on the 2nd & 4th Tuesday of each month, 6:30-8:00pm at the Wellness Community, 4918 Cooper Rd., Blue Ash.

Grief Support Group - Bethesda North Hospital: Rev. Frank McClure (513) 745-1194. A support group for bereaved adults, led by a certified bereavement facilitator. Meets for 7 sessions, 2 times per year. Thursdays, 7-8:30pm. Call for more info. Bethesda North Hospital.

Mending Hearts - Sally Westendorf (513) 584-7037. Support available for parents who experienced stillbirth, miscarriage, ectopic pregnancy or neonatal death of a child. 2nd Wed, 7-9pm, University Hospital.

Parents of Murdered Children (POMC), National Office - (513) 721-5683 or 1-888-818-7662. A peer-led, self-help support group. Various times & locations throughout the area.

Young Men's Breakfast - James Ellis (859) 301-4611. Working-age widowers. 3rd Friday of each month. Colonial Cottage – Crestview Hills, KY. 7am. jellis@stelizabeth.com

Companions on the Journey - St. John's West Chester - Kathy McConnell (513) 777-8329. Groups for adults who have lost a loved one. 2nd & 4th Thurs, 7-8:30pm. West Chester, OH.

The Family Life Center - A Faith Based Outreach – Diane Kinsella, Director (513) 931-5777. A 6-week group for those who have suffered a loss. Begins on Tuesday, October 13th, 7-9 PM. Pre-registration required.

Griefshare - Journey from Mourning to Joy– Christ Baptist Church – John & Kathy Shay (859) 441-3363. Non-denominational group for those grieving the death of someone close. The group

features biblical teaching on grief and recovery topics. 13-week group, twice per year. Cold Springs, KY.

Dayton:

Pathways of Hope- Hospice of Dayton - (937) 256-4490. A support group for parents who have experienced the death of an adult child. Hospice of Dayton, 324 Wilmington Avenue, Dayton. Second and fourth Wednesday night of every month, 6:45 to 7:45 pm.

Pathways of Hope - Hospice of Dayton - (937) 256-4490. Widows and widowers meet others experiencing the death of a spouse. 324 Wilmington Avenue, Dayton. First and third Tuesday every month 6:30 to 7:30 pm.

Young Widows Support Group - (937) 256-4490. Support for widows 55 and younger. Hospice of Dayton, 324 Wilmington Avenue, Dayton. Third Monday of every month, 4:30 to 5:30 pm.

Healing Pathways - 937-258-4991. School-based grief support programs, Grief Support Groups, Specialized Grief Support Groups, 1:1 Supportive Grief Counseling, Grief Education for staff and students, Consultation, Debriefing, Working together with school administrators, teachers and parents. Pathways of Hope staff can provide grief support services designed to meet the particular needs of a school community.

Camp Pathways - Registration required. June 21-23, 2013. Overnight summer camp experience for youths ages 7-17 who have experienced the death of a loved one. Cost \$20/one child, \$30/two children, \$40/three or more children. Financial assistance is available if needed. *Children must be registered before June 1. Limited space available. For more information, please call Pathways of Hope at (937) 258-4991.

Christ the King Lutheran Church - (937) 885-5785. 50 Nutt Road, Centerville. Second and Fourth Tuesday night of every month, 7:00 to 8:00 pm.

Coffee Hour Connection - Informal support for bereaved adults. Dorothy Lane Market, Springboro. Second Floor Community Room, 740 N. Main; Springboro. First Wednesday of every month, 10:00 to 11:00 am.

Columbus:

HomeReach Hospice grief support programs are offered at Kobacker House and in Delaware at Grady Memorial Hospital. All group meetings and workshops are offered at **No Cost**.

Counseling services are available. Please call (614) 566-5377 to register or for more information. Please call (740) 615-0558 to register for Delaware offerings.

Coping with the Death of a Parent - This workshop for adults will focus on issues related to this specialized aspect of grief as well as present an opportunity for you to talk with others and share ideas about coping. Wednesday, Sept. 18; 7 to 9 p.m. Kobacker House.

Expressing Loss Through the Arts - This two session workshop for adults will explore the use of art and imagery as paths to personal reflection and healing. No arts experience necessary. Must attend both sessions. Sept. 5 and 12; 6:30 to 8:30 p.m. Call (614) 566-5377 to register. Kobacker House.

Healing Hearts Children's Grief Workshop - Offered at no cost through MGH Hospice, this group meets the 2nd Wednesday of each month. Meetings deal with children's grief issues and are open to any child who has experienced the death of someone close to them. Children 6 to 17 years of age. Wednesdays, 5:30 to 7 p.m. Brenda Thompson. For more information, please call (740) 383-8769. Marion General Hospital: FREE

Men and Grief - This group for men will explore issues of grief and ways men can cope. First and Third Monday of the month, 7 to 8:30 p.m. Registration not required. Kobacker House.

One Step at A Time - A six week grief support series for those dealing with new loss. We explore experiences, examine tasks of grief, provide resources for coping and talk with others to find meaning & hope through the grieving process. Sept. 24 through Oct. 29; 7 to 9 p.m. Extra session on Nov. 5 will focus on Holidays and Special Days. Rev. Vicki Yoder, MACPC, BCC & Chaplain Lois Winnick-Chapman. Location: Amerine Board Room in the Heritage Center at Doctors Hospital. Call (614) 566-5377 to register.