

## Grief Resources for Kids & Teens

### Cornerstone of Hope - Youth Grief Support Groups

1550 Old Henderson Rd.-Suite E-262, Columbus  
614-824-4285

[www.cornerstoneofhope.org/child-grief/](http://www.cornerstoneofhope.org/child-grief/)

Groups assist grieving children and teens in expressing thoughts and feelings that are often difficult for them to discuss. Groups are offered by age range to better meet the developmental needs of attendees. Groups will help them explore their emotions in a supportive environment through music, journaling, arts, games and other expressive activities. ♦ † ▲ ◆ ♥

### OhioHealth - Children and Teens Grief Programs

Kobacker House - 800 McConnell Dr., Columbus  
614-566-0706

[www.ohiohealth.com/patients-and-visitors/support/grief-support-groups](http://www.ohiohealth.com/patients-and-visitors/support/grief-support-groups)

OhioHealth offers ongoing grief support programs for children and teens (aged 6-18) that include discussions, hands-on activities and expressive outlets to help manage grief. Email [cindy.fielding@ohiohealth.com](mailto:cindy.fielding@ohiohealth.com) for registration information or to discuss services for grieving children under 5. ♦ ★ ■ ◆ ♥

## Web Resources

### African American Faith-Based Bereavement Initiative (AAFBB)

[www.nccc.georgetown.edu/aafbbi/index.html](http://www.nccc.georgetown.edu/aafbbi/index.html)

### Back in His Arms Again

[www.backinhisarmsagain.com](http://www.backinhisarmsagain.com)

### Centering Corporation

[www.centering.org](http://www.centering.org)

### Children of Jannah

[www.childrenofjannah.com](http://www.childrenofjannah.com)

### Compassionate Friends

[www.compassionatefriends.org](http://www.compassionatefriends.org)

### Connecting Our Paths Eternally (COPE)

[www.copefoundation.org](http://www.copefoundation.org)

### Cornerstone of Hope

[www.cornerstoneofhope.org](http://www.cornerstoneofhope.org)

### First Candle

[www.firstcandle.org](http://www.firstcandle.org)  
24-hour Grief Line: 1-800-221-7437

### Glow in the Woods

[www.glowinthewoods.com](http://www.glowinthewoods.com)

### Helping After Neonatal Death (HAND)

[www.handonline.org](http://www.handonline.org)

### Lach's Legacy

[www.lachslegacy.org](http://www.lachslegacy.org)

### March of Dimes

[www.marchofdimes.org](http://www.marchofdimes.org)

### MISS Foundation

[www.missfoundation.org](http://www.missfoundation.org)

### My Miscarriage Matters

[www.mymiscarriagematters.org](http://www.mymiscarriagematters.org)

### Pittsburgh Bereavement Doulas

[www.pittsburghbereavementdoulas.com](http://www.pittsburghbereavementdoulas.com)

### Postpartum Support International

[www.postpartum.net](http://www.postpartum.net)

### Pregnancy Loss and Infant Death Alliance (PLIDA)

[www.plida.org](http://www.plida.org)

### Share Pregnancy and Infant Loss Support, Inc.

[www.nationalshare.org](http://www.nationalshare.org)

### Star Legacy Foundation

[www.starlegacyfoundation.org](http://www.starlegacyfoundation.org)

### Terminations Remembered

[www.terminationsremembered.com](http://www.terminationsremembered.com)

## Other Community Resources

You also can contact your local funeral home, family doctor or religious community for additional support.

## Franklin County

### Fetal-Infant Mortality Review (FIMR)

The Fetal-Infant Mortality Review (FIMR) is part of a community-wide effort to decrease fetal and infant death in Franklin County. By reviewing fetal and infant deaths and listening to the unique stories of those who've lost a child, we learn about our community's strengths and its needs. As a community, we try to answer the questions, "Why are babies dying?" and "What can we do about it?"

Thank you to the grieving families who have shared their experiences with the FIMR program. Your children and your stories are very important to us.

Contact us if you have questions, to set up a bereavement visit, or to share your story with the FIMR program.

Andrea N. Jarvis-Galvin, BA, ATS  
Program Coordinator  
614-645-6537  
[anjarvis-galvin@columbus.gov](mailto:anjarvis-galvin@columbus.gov)

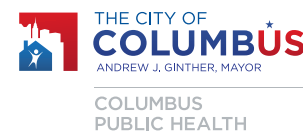
Hannah Slenska, MSW, LSW  
Community Clinical Counselor  
614-645-5261  
[hslenska@columbus.gov](mailto:hslenska@columbus.gov)

[www.columbus.gov/FIMR](http://www.columbus.gov/FIMR)

### Bereavement Services at Columbus Public Health

Columbus Public Health offers a bereavement visit to all Franklin County parents grieving the loss of a pregnancy or the death of an infant. We also can help you find confidential services to support your family during this difficult time.

***Nondiscrimination Policy** - No officer, employee or agent of the city shall deny equal access to city services, or equal opportunity in employment and promotion, or the benefits thereof, to any person on the basis of race, sex, sexual orientation, gender identity or expression, color, religion, ancestry, national origin, age, disability, family or military status, or any other status that is protected by federal, state or local law or ordinance.*



### Franklin County Fetal-Infant Mortality Review (FIMR)

240 Parsons Ave., Columbus, OH 43215

[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)

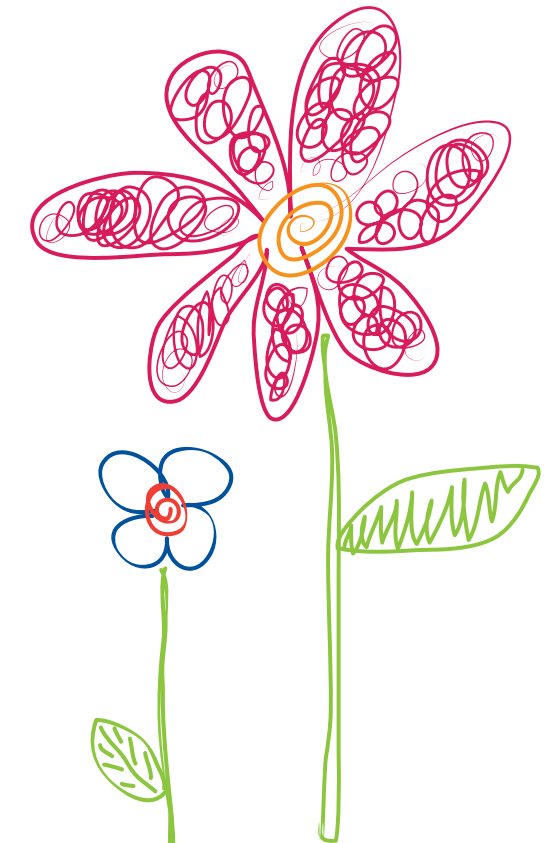
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## Pregnancy & Infant Loss

# Grief Resources

Coping with the death of a child may be the hardest thing you'll ever do.

**You don't have to do it alone.**




- ♦ Free
- ★ No religious affiliation
- † Faith-based support
- Interpreter services available upon request
- ▲ Programming for youth
- ◆ Support for pregnancy loss
- ♥ Support for infant death

**Meeting schedules are subject to change.**  
Please contact organizing group to confirm.

## Pregnancy & Infant Loss Support


### Alive in My Heart

P.O. Box 2631, Columbus  
info@aliveinmyheart.org  
www.aliveinmyheart.org

A Columbus-based nonprofit that supports families impacted by pregnancy and infant loss by connecting them to each other and community resources. 

### Angel Names Association


www.angelnames.org/support.html

This national non-profit organization assists with financial support for funeral and burial/cremation expenses and provides funding for uninsured or underinsured families pursuing counseling services following a stillbirth. Families must apply at ANA's website. 

### Baby 1st Network

1324 North Superior St., Toledo  
800-477-7437


www.baby1stnetwork.org

Offers bereavement support services throughout the state to families who have lost children to SIDS. Call the toll-free hotline for advice, support and help finding a local support group. 

### Columbus Public Health - Support Group for Moms

240 Parsons Ave., Columbus  
614-645-5261


www.columbus.gov/FIMR

A virtual monthly support group for moms who have experienced a fetal or infant loss to share their stories and receive emotional support from others going through a similar experience. The group meets virtually on the first Wednesday of the month from 1-2:30 pm. Facilitated by the FIMR Community Clinical Counselor through Columbus Public Health. To join, contact Hannah Slenska, MSW, LSW, at 614-645-5261 or hslenska@columbus.gov. 

### Companions on a Journey Grief Support - Foot Prints on Our Heart

8857 Cincinnati Dayton Rd., West Chester  
513-870-9108


www.companionsonajourney.org/adult-support/

This group offers support for parents who have suffered the death of a child through miscarriage or early infant death. Please call 513-870-9108 or email info@companionsonajourney.org to schedule. 

### Cornerstone of Hope - Heart of My Heart

1550 Old Henderson Rd., Suite E-262, Columbus  
614-824-4285


cornerstoneofhope.org/pregnancy-and-infant-loss-2

Program for parents who have experienced miscarriage, stillbirth or loss of an infant under the age of 2 years that includes support groups, individual counseling, couples counseling and events for both parents. 

### OhioHealth - Pregnancy & Infant Loss Support Group

Kobacker House, 800 McConnell Dr, Columbus  
614-533-6060


www.ohiohealth.com/patients-and-visitors/support/grief-support-groups

A support group for parents who have lost a baby either during pregnancy or in the first year after birth. Email GriefSupport@OhioHealth.com for registration information. 

### Now I Lay Me Down to Sleep

614-706-5744


www.nowilaymedowntosleep.org

A nonprofit that provides free remembrance photography for parents suffering the loss of a baby. Photographers can be requested 24 hours a day by calling area coordinator or completing an online form. 

### Sufficient Grace Ministries

407 S. Stearns Ave., Deshler  
419-278-7640

www.sufficientgraceministries.org


A Christian nonprofit offering perinatal hospice services to families faced with either a known life-limiting diagnosis or an unexpected pregnancy loss. Support and resources may be provided throughout the pregnancy, during delivery and after loss by "comfort doulas." These trained support companions can help with birth planning, memory-making, remembrance photography, funeral planning and peer-led grief support. 

## General Grief Groups & Other Support

### Cornerstone of Hope

1550 Old Henderson Rd.-Suite E-262, Columbus  
614-824-4285


www.cornerstoneofhope.org/columbus/

A center for grieving children, teens and adults, Cornerstone of Hope offers structured grief support groups each quarter led by professional facilitators. Grief support groups have a specialized curriculum according to the type of loss experienced and are designed to support the unique needs of the grievers. 

### Directions Counseling Group

1480 Manning Parkway, Powell  
614-888-9200


www.directionscounseling.com/specialties/adult/grief-loss

Approaches issues of grief in a comprehensive manner, aware that loss can impact us in profound ways relationally, emotionally, physically and spiritually. Counselors seek to provide therapy that will help you explore these areas as they become relevant in your treatment. 

### Hope Counseling Center, LLC

Center of Hope  
3964 E. Main St., Columbus  
614-252-2500 x207


www.victorycoh.org/hope-counseling-center

Our board-licensed counselors and counselor trainees are ready and willing to be there for you. We regularly treat a broad range of conditions such as depression, anxiety, trauma related disorders, relationship issues, and other psychological, emotional and social problems. 

### Muslim Family Services of Ohio

4900 Reed Rd.-Suite 100, Columbus  
614-470-2848


www.ohiomfs.org

Social service support and case management for Muslim families. Can be contacted to facilitate burial in an Islamic cemetery. 

### Nationwide Children's Hospital - Seasons for Healing Family Grief Group

700 Children's Dr., Columbus  
614-722-5250

www.nationwidechildrens.org/pastoral-care


Seasons for Healing is a bereavement program for all members of the family after the loss of a child. This program is designed to provide support and resources to all who have experienced the loss of a sibling, child or grandchild. To participate, please contact GriefSupport@NationwideChildrens.org. 

### Netcare Crisis Hotline

199 S. Central Ave., Columbus/741 E. Broad St., Columbus  
614-276-CARE (2273)

1-888-276-CARE (2273)

www.netcareaccess.org/

Open 24/7: a licensed clinician directs callers with mental illness and/or alcohol/drug addiction to the most appropriate support resources. Hotline support available 24 hours/day, 365 days/year. 

### OhioHealth - Men and Grief


Kobacker House, 800 McConnell Dr., Columbus  
614-533-6060

www.ohiohealth.com/patients-and-visitors/support/grief-support-groups

While everyone experiences grief in their own personal ways, men often experience and express grief differently than women. This virtual grief support group explores these differences, offers a supportive space for men to help each other during the grief process, and teaches coping skills. Email GriefSupport@OhioHealth.com for registration information. 

### Perinatal Outreach & Encouragement for Moms (POEM) - Mental Health America of Ohio


614-315-8989

www.mhaohio.org/get-help/maternal-mental-health/  
Provides peer support groups, education on pregnancy, postpartum depression and related mood/anxiety disorders, and information and referrals to appropriate resources in the area. 

### Syntero Counseling Center, At a Loss Grief Group

299 Cramer Creek Ct., Dublin  
614-889-5722 x133

www.syntero.org/groups-adults


This group is designed for parents who have lost a child under any circumstance - regardless of when the loss occurred. Private counseling is also available. 








### The Ohio State University Wexner Medical Center - JamesCare for Life

660 Ackerman Rd., Columbus  
614-293-6428

JamesGriefSupport@osumc.edu

www.cancer.osu.edu/for-patients-and-caregivers/  
support-for-patients-and-caregivers/mental-and-emotional-wellbeing/grief-support-programs

Offers a variety of supportive programs that are designed for adults who have experienced the loss of a loved one to natural causes. Workshops for adults provide information and education about grief and ways of coping. Support groups provide a safe space to connect with others who are grieving the loss of an adult loved one and offer emotional support, information and resources. Programs require pre-registration. 

-  Free
-  No religious affiliation
-  Faith-based support
-  Interpreter services available upon request
-  Programming for youth
-  Support for pregnancy loss
-  Support for infant death

**Meeting schedules are subject to change.**

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