

## **GRIEF SUPPORT GROUPS**

**\*\*Registration is required – Space is Limited\*\***

### **Healing Together Support Group**

#### ***Inpatient Care Center in Hamilton***

1010 Eaton Avenue  
Hamilton, OH 45013

A 6-week support group that is open to adults grieving the loss of a loved one.  
Tuesdays, March 28<sup>th</sup>-May 2, 2023 - 1pm-2pm

### **Partner/Spousal Loss Support Group**

#### ***Hospice of Cincinnati, Administration Building***

4360 Cooper Road  
Cincinnati, OH 45242

A 6-week support group is designed for those who are grieving the loss of a spouse/partner. Two sessions will be offered, please include which day/time you prefer when registering.

Wednesdays April 5<sup>th</sup>-May 10, 2023 – 12pm-1pm

Or

Thursdays April 6<sup>th</sup>-May 11<sup>th</sup>, 2023 – 3pm-4pm

### **Parent Loss Support Group**

#### ***Hospice of Cincinnati, Administration Building***

4360 Cooper Road  
Cincinnati, OH 45242

A 6-week support group for adults grieving the loss of a parent (or parent figure).  
Thursdays, April 6<sup>th</sup>-May 11, 2023, 5pm-6pm.

### **Healing Together – Loss from Drug/Alcohol Overdose**

Hamilton County Public Health  
1130 Main Street  
Cincinnati, OH 45202

***\*\*Group forming in April – Please call / Email for details***

## **GRIEVING WITH INTENTION WORKSHOPS**

**\*\*Registration is required – Space is Limited\*\***

### **Grieving with Intention: Using Yoga and Mindfulness in Your Grief Journey**

The Goldstein Family Grief Center is partnering with Meredith Hogan from Embra Studio ([www.embrastudio.com](http://www.embrastudio.com)) to offer a workshop focused on using yoga and mindfulness as tools for navigating your grief journey. In grief, like in yoga, we must remain present and attentive to our body, our mind, and our breathing. The practice of yoga gives space for the multitude of emotions one can experience when grieving. This educational and interactive program that will be adaptable to all fitness levels.

\* This program will be capped at 20 participants.

Date: Thursday, March 16, 2023

Time: 6:30-8:00

### **Grieving with Intention: Grief and Expressive Arts**

The Goldstein Family Grief Center is collaborating with Joan Fopma-Loy to present this workshop on using expressive arts as a tool for coping during your grief journey. The program will include an introduction to a variety of expressive arts activities for grief and loss, and participants will engage in and reflect on a visual arts activity. After a significant loss we need to relearn the self as well as relearn the world. Expressive art can help in our healing. No art experience is necessary; this is a “failure- free” experience. Plan to leave your “inner critic” at the door.

\* Program will be capped at 20 participants.

Date: Wednesday, March 29<sup>th</sup>

Time: 6:00-8:30

Location for both workshops:

***Hospice of Cincinnati, Administration Building***

4360 Cooper Road

Cincinnati, OH 45242

**Call: 513-246-9208**

**Email: [Bereavementreferral@trihealth.com](mailto:Bereavementreferral@trihealth.com)**

***Covid precautions are determined by community spread at the time of groups and workshops.***

***Groups may be postponed or re-scheduled due to low attendance.***