

# 2025 GRIEF SUPPORT GROUPS

Cornerstone of Hope offers professionally-led support groups, open to all, regardless of ethnic, cultural and faith backgrounds. Through education, activities, peer interaction, and support, these groups will assist you in coping with your loss in a safe and supportive environment. Groups run weekly for 8-10 weeks and are offered several times throughout the year. Groups generally meet for two hours which includes time for peer socialization.

## HELD AT CORNERSTONE OF HOPE

253 N. State Street, Suite 200, Westerville, OH 43081

### Winter 2025 Groups

Begins the week of Monday, January 13, 2025

Register by Friday, January 3, 2025

### Spring 2025 Groups

Begins the week of Monday, March 24, 2025

Register by Friday, March 14, 2025

### Summer 2025 Groups

Begins the week of Monday, June 23, 2025

Register by Friday, June 6, 2025

### Fall 2025 Groups

Begins the week of Monday, September 9, 2025

Register by Friday, August 29, 2025

**"I felt so alone in our world, but now I know we have companions on the journey. Knowing we could share our story turned out to be very important!"**

- Support Group Participant

## REGISTRATION

In order to participate in a support group, you must complete a group readiness assessment and pay a one-time \$75 fee at the time of the assessment. Please contact our office at **614-824-4285** or scan the code to complete an interest form. If you have further questions, contact our Support Group Coordinator by calling our office or emailing [emma.garee@cornerstoneofhope.org](mailto:emma.garee@cornerstoneofhope.org).



## ADULT GRIEF SUPPORT GROUP

OFFERED QUARTERLY

This group is for adults grieving the loss of someone special. Each week we introduce different topics related to your grief journey.

## SPOUSE LOSS SUPPORT GROUP

OFFERED DURING WINTER AND SUMMER

This group is for adults grieving the loss of a spouse. Each week we introduce different topics related to your grief journey.

## SUBSTANCE-RELATED LOSS SUPPORT GROUP

OFFERED DURING WINTER AND SUMMER

Grieving a loss due to overdose of someone special can be an emotionally challenging experience as there are often uncomfortable feelings and difficult questions that complicate the already difficult tasks of grieving. This group meets to address these specific challenges of this type of loss.

## CHILD LOSS SUPPORT GROUP

OFFERED DURING SPRING AND FALL

This group is for adults grieving the loss of a child. The death of a child leaves parents feeling brokenhearted and alone. This group brings parents together, no matter the age of the child, to share and find hope on their journey.

## SUICIDE LOSS SUPPORT GROUP

OFFERED DURING SPRING AND FALL

When a person has lost a loved one to suicide, their grief can be complicated. Cornerstone is offering a group specifically for these survivors. General bereavement issues will be touched on, but particular attention will be given to the specific needs and stigmas that arise due to loss from suicide.

**Please note that groups may be added or changed based on client needs.**



**Cornerstone  
of Hope**

**CREATING A WORLD WHERE NO GRIEVING PERSON JOURNEYS ALONE.**

253 N. State Street, Suite 200, Westerville, Ohio 43081 | 614-824-4285 | [cornerstoneofhope.org](http://cornerstoneofhope.org)