

OFFERING **HOPE** TO THOSE WHO GRIEVE.

UPCOMING **SUPPORT GROUPS**

Cornerstone of Hope offers support groups quarterly throughout the year. All groups are open to all, regardless of ethnic, cultural and faith backgrounds. They are led by professionally trained and experienced facilitators. Each meeting is two hours long and includes a light dinner. Support groups are offered free of cost to participants. Please contact our office at 614.824.4285 for start dates of these groups.

Groups will begin the week of:

Winter Session: January 16, 2017

Spring Session: April 10, 2017

Summer Session: June 26, 2017

Fall Session: September 4, 2017

- **ADULT LOSS TO SUICIDE SUPPORT GROUP:**

From 6:00 - 8:00pm

When a person has lost a loved one by suicide, their grief can be complicated. With this in mind, Cornerstone of Hope is offering a group specifically for survivors. General bereavement issues will be addressed by with particular attention given to the specific needs that arise due to loss from suicide. Group is 10 weeks in length except for the summer session which is 8 weeks.



- **ADULT HOPE & HEALING GRIEF SUPPORT GROUP:**

From 6:00 - 8:00pm

This group is for all adults grieving the death of a loved one and open to all loss relationships. Group is 10 weeks in length except for the summer session which is 8 weeks.

- **EXPRESSIVE ARTS YOUTH GRIEF SUPPORT GROUP:**

From 6:00 - 8:00pm

This group is designed to assist grieving teens (Ages 13 and older) in expressing thoughts and feelings that are difficult to discuss through the utilization of expressive arts. This type of non-verbal communication will help them explore their emotions in a supportive environment. Music, journaling, drawing, painting, and other expressive activities will be used throughout this group. Group is 8 weeks in length for all sessions.



A CENTER FOR GRIEVING CHILDREN, TEENS AND ADULTS
1550 Old Henderson Road, Suite E262
Columbus, Ohio 43220
614.824.4285

To inquire online for upcoming support groups, please visit cornerstoneofhope.org. An intake appointment is required prior to the group start date.