

2026 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 2026 Groups

Begin the week of Monday, January 12, 2026
Register by Friday, January 2, 2026

Spring 2026 Groups

Begin the week of Monday, March 23, 2026
Register by Friday, March 13, 2026

Summer 2026 Groups

Begin the week of Monday, June 29, 2026
Register by Friday, June 12, 2026

Fall 2026 Groups

Begin the week of Monday, September 14, 2026
Register by Friday, September 4, 2026

"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 a Support Group Interest Form.



ADULT GRIEF SUPPORT GROUP

Offered Quarterly

YOUNG ADULT GRIEF SUPPORT GROUP

(AGES 18-30)

Offered During Winter and Summer

CHILD LOSS SUPPORT GROUP

Offered During Spring and Fall

SPOUSE LOSS SUPPORT GROUP

Offered During Winter and Summer

SUBSTANCE-RELATED LOSS SUPPORT GROUP

Offered During Winter and Summer

SUICIDE LOSS SUPPORT GROUP

Offered During Spring and Fall

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