



OhioHealth Loss and Healing Services

# Coping Through The Holidays

*Following the death of a loved one, many of us find the holiday season only a painful reminder of the person or people we've lost. What once felt festive and a time to look forward to, may now stir up complicated emotions, anxiety, and feelings of uncertainty.*

*Please join us as we connect with others who share our experience, and discuss tools for navigating holiday traditions, gatherings, and changing family dynamics, among other topics. We will also discuss meaningful ways to remember our loved one. This group is open to anyone who's experienced a death and could use additional support during this time.*

## Dates/Times

Wednesday, December 9 from 6:30-8pm

## Location

OhioHealth Hospice House  
800 McConnell Drive, Columbus, OH 43214

## Facilitator

Stacie G. Sholl, MSW, LISW-S

## Registration is Required

Online: [www.ohiohealth.com/loss-and-healing](http://www.ohiohealth.com/loss-and-healing)

Select "Grief Group Request"

Phone or Email: 614-533-6060 | [griefsupport@ohiohealth.com](mailto:griefsupport@ohiohealth.com)

If registering by **phone or email**, please provide your contact information, the name of the deceased, your relationship to them, date of death, and the name of the group you wish to attend.

Grief programming is supported by the generosity of our community, including the OhioHealth Foundation, The Thomas and Ann DiMarco Family Foundation, Patricia A. DiNunzio Ovarian Cancer Fund and The Marion Foundation. There are no costs associated with these workshops.

