

GRIEF SUPPORT GROUPS: 2026

Provided by:
Cincinnati College of Mortuary Science
645 W. North Bend Rd.
Cincinnati, OH 45224
www.ccms.edu
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Attendees are encouraged to contact the facilitator of the support group before attending to verify group status as it may change from month to month.

FOR PARENTS

THE COMPASSIONATE FRIENDS, CINCINNATI CHAPTERS

A national, mutual assistance, self-help organization offering friendship and understanding to bereaved parents, grandparents and adult siblings.

EAST GROUP:

Meetings are the 4th Tuesday of the month at 7 pm at St. Timothy Episcopal Church, 8101 Beechmont Ave., Cincinnati, OH 45255. New attendees please call before attending in order to gather additional information. The group does not meet in November or December. Contact: Eryn Ruder (513) 257-6233 or Kathy Elliott-Reisinger (859) 475-8873, tcfincyeast@gmail.com.

NORTH GROUP:

Meets the 1st Tuesday of each month, 7:00pm, Spring Grove Funeral Home across from Oak Hill Cemetery, Tri-County, 11285 Princeton Pike (Route 747), Cincinnati, OH 45246. Contact: Karen Pinsky, karenpinsky@gmail.com, (513) 207-8714; Ed Von Bargaen, edvonb@yahoo.com, (513) 518-9358; or Michael G. Rapp, mgrapp@hotmail.com, cell: (513) 289-7400; tcfocincinnatiorth@gmail.com or www.tfcincinnatiorth.org.

SOUTHWEST GROUP:

Meets the 3rd Tuesday of each month, 7:00pm at the Harrison Branch Public Library, 10398 New Haven Rd., Harrison, OH 45030. Contact: Haley, (513) 390-2360 or tcfincisouthwest@gmail.com.

CHILD LOSS SUPPORT GROUP

The Goldstein Family Grief Center offers a 6-week support group designed for parents grieving the loss of an adult child. Please visit our website <https://hospiceofcincinnati.org/services/grief-services/> and click on the current support group offerings for a complete list of current support groups. For additional information please call 513-246-9208 or email BereavementReferral@trihealth.com.

COMPANIONS ON A JOURNEY GRIEF SUPPORT (COJ): Bereaved Parent Grief Support Group

The Bereaved Parent Support Group provides support for parents who have suffered the death of a child, regardless of their age at death. This group provides a safe space for grieving parents to connect, share stories, and discover hope, strength, and healing. Group meets on the 1st and 3rd Wednesdays of the month, 6:30-8:00 pm, 8857 Cincinnati-Dayton Rd, West Chester, OH 45069. To register, please call (513) 870-9108.

HEARTS: SUPPORT GROUP

Peer-led support group for parents who have lost a child through molar or ectopic pregnancy, miscarriage, premature birth, stillbirth, neonatal death, SIDS and birth defects. The **H.E.A.R.T.S.** support group meets the 2nd Monday of each month from 6:30 to 8:00 p.m. at the Florence United Methodist Church, 8585 Old Toll Road, Florence, Kentucky 41042. Church phone: (859) 371-7961.

HEALING TOGETHER SUPPORT GROUP

For families who have experienced pregnancy loss or the death of an infant or young child. For questions regarding the group or other HEAL (Help Endure a Loss) services, call the HEAL Coordinators at (513) 974-4056.

HOPE GROUP

This group in Northern Kentucky is for parents who experienced child loss of any age. Meets the 3rd Tuesday of each month 6:00pm at the Community Grief Center, St. Elizabeth Hospice, 483 South Loop Rd., Edgewood, KY 41017. Please call (859) 301-4611 or email: stars@stelizabeth.com for additional information and to confirm meeting.

LOSS OF AN ADULT CHILD SUPPORT GROUP

Grief support group for parents who have experienced the death of adult children. For locations, please call Hospice of Dayton (937) 258-4991.

MADD (Mothers Against Drunk Driving)

Materials, support and advocacy for victims of drunk drivers can be obtained by contacting (513) 769-6800 or calling the hot-line at 1-800-522-8641.

PARENTS OF MURDERED CHILDREN, INC., NATIONAL OFFICE and the Greater Cincinnati Area Chapter

A peer led, self-help support group for the families and friends of those who have died by violence. POMC is a national organization dedicated solely to the aftermath and prevention of murder. Call (513) 910-2598 (cell) or snolan1@fuse.net (This is for Sherry Nolan- and can be used for the local Greater Cincinnati Area Chapter); (513) 721-5683 or 1-888-818-7662 snolan@pomc.org for Sherry or natlpomc@pomc.org for times & locations or visit the website at www.pomc.org. (This is the contact information for the National Office)

PLUS: PRAYERFUL, LOVING and UNDERSTANDING SUPPORT

Provides support for parents who have lost a baby through miscarriage, stillbirth, or newborn/infant death. Meetings are the 4th Wednesday of the month from 7:30-9:00pm at St. Margaret of York Church, 9483 Columbia Rd., Loveland, OH 45140. Contact: Mary Kuenzig (513) 300-1537 or mepk1009@cinci.rr.com. Schedule changes in November and December.

REACH OUT TO GRIEVING PARENTS

Peer support led by parents who have lost a child due to miscarriage, stillbirth or newborn death. **Currently, this group is not able to meet in person. Please contact one of the facilitators below regarding support and updated status.** Contact: Carole Bonno, (513) 922-8883, Grace DeGregorio (513) 791-1160 or Mary Kuenzig (513) 300-1537.

FOR CHILDREN

CHILDREN'S PROGRAM, CANCER FAMILY CARE

Individual and family bereavement counseling available for children and their families who have experienced the death of a loved one from cancer. Various groups provided, as needed. Call (513) 731-3346 for additional information about children's groups and counseling services.

COMPANIONS ON A JOURNEY GRIEF SUPPORT (COJ): School-based Grief Support Program for Grades K-12

Our School-based K-12 Grief Support program helps transform schools into grief-informed spaces where students can process complicated feelings of grief and loss, connect with a caring community, and build a toolbox of critical wellness and resiliency skills. We partner with local school districts to provide ongoing support and crisis response to bereaved children and teens in over 50 local schools on a monthly basis. Please call our office at (513) 870-9108 for more information.

COMPANIONS ON A JOURNEY GRIEF SUPPORT (COJ): Mending Hearts for Grieving Children, Teens, and Families

This program seeks to restore family balance, one child, one teen, and one family at a time. We believe a family that grieves together, heals together. This family support group is a faith-based grief support program offering a safe and nurturing environment for all children ages 3–18 and their families who have experienced a death. We engage in activities and conversations that allow not only individual family members to experience healing, but your entire family. Mending Hearts meets on the 2nd Thursday of the month, 6:30-8 pm, September – May at the Boys and Girls Club of West Chester/Liberty, 8748 Cincinnati-Dayton Road, West Chester Township, OH 45069. To register, please call (513) 870-9108 or visit companionsonajourney.org.

FERNSIDE, CENTER FOR GRIEVING CHILDREN

A place of comfort and support for children and teens, ages 3-18, and their parents/guardians who have had a significant death in the family.

Family Evening Program

Meetings are held twice a month at 5 locations during the school year. After a pizza dinner, children and teens, ages 3-18, meet with others close to their age while parents/guardians also meet. Parents/guardians can register via our website: Fernside.org or call our office at 513-246-9140 to pre-register for the meetings.

School Program: Fernside offers time-limited peer support groups, held on-site during the school day, at area elementary, middle and high schools.

Crisis Program: Fernside provides support to schools and other organizations following a death. We can provide consultation as well as on-site support for faculty/staff, students and parents/guardians.

Family Art Series: Offered monthly during the summer.

Special Collaboration Program: Fernside partners with community agencies to serve children or adults with disabilities or in unique settings.

Camp Program: Fernside offers a variety of camp experiences throughout the year for children, teens, adults and extended family members.

For additional information about the above programs offered by Fernside, please call 513-246-9140.

STARS CHECK-IN SUPPORT GROUP

A program for children 5-16 who have experienced the death of a loved one. Meets monthly on the 2nd Tuesday from 6:00-7:30pm at the Community Grief Center in Edgewood, KY. Contact (859) 301-4611 or stars@stelizabeth.com for additional information. (Navigating grief group for adults meets at the same time)

GENERAL GRIEF GROUPS

ADULT DAUGHTERS SUPPORT GROUP

Support group for adult daughters who have experienced the death of a parent. Meets on the 1st Wednesday of the month from 3:00-4:30pm. at the Community Grief Center in Edgewood, KY. Contact (859) 301-4611 or stars@stelizabeth.com for additional information.

ADULT PARENT LOSS GROUP

The Goldstein Family Grief Center offers a 6-week support group for adults grieving the loss of a parent or parent figure. Please visit our website <https://hospiceofcincinnati.org/services/grief-services/> and click on the current support group offerings for a complete list of current support groups. For additional information please call 513-246-9208 or email BereavementReferral@trihealth.com.

ADULT PARENT LOSS GRIEF SUPPORT GROUP

Grief support group for adult children who had a parent die. For starting date and locations, please call Hospice of Dayton at (937) 258-4991.

SIBLING PARENT LOSS GROUP

The Goldstein Family Grief Center offers a 6-week support group for adults grieving the loss of a sibling. Please visit our website <https://hospiceofcincinnati.org/services/grief-services/> and click on the current support group offerings for a complete list of current support groups. For additional information please call 513-246-9208 or email BereavementReferral@trihealth.com.

ALS SURVIVORS GROUP: DINNER & SOCIAL

The group meets tri-yearly at a local restaurant. The group is for those who have experienced the death of a loved one to ALS. Enjoy the informal support and companionship of others who have experienced a similar loss. Contact: Yvonne Dressman (859) 781-8555 for the date and time of the next gathering.

MEN IN GRIEF SUPPORT GROUP - COMPANIONS ON A JOURNEY GRIEF SUPPORT (COJ) IN PARTNERSHIP WITH SPRING GROVE FUNERAL HOME

This grief support group is a safe place to be open and communicate about these challenges with other men who know the pain of losing a loved one. This support group is hosted by Spring Grove Funeral Homes and facilitated by Companions on a Journey and meets on the 4th Tuesday of the month, 6-7:30 pm at Spring Grove Funeral Homes (Tri-County), 11285 Princeton Pike, Cincinnati, OH 45246. To register, please call (513) 870-9108 or visit companionsonajourney.org.

CARING FOR YOUR GRIEVING SOUL - COMPANIONS ON A JOURNEY GRIEF SUPPORT (COJ) IN PARTNERSHIP WITH GATE OF HEAVEN CEMETERY

Caring for Your Grieving Soul is an open grief group designed to offer support to adults who have suffered the death of a loved one. Surrounded with love and support, this grief support group offers you the opportunity to connect with other adults who understand the heartache of losing a loved one. Together, we help individuals to restore balance and find hope, strength, and healing. Meets on the 2nd Tuesday of the month, 3-4:30 or 6-7:30 pm. at Gate of Heaven Cemetery, 11000 Montgomery Road, Cincinnati, OH 44249. To register, please call (513) 870-9108 or visit companionsonajourney.org.

GRIEF TO PEACE – COMPANIONS ON A JOURNEY (COJ) IN PARTNERSHIP WITH SPRING GROVE FUNERAL HOME

Surrounded with love and support, this grief support group is hosted by Spring Grove Funeral Homes and facilitated by Companions on a Journey. Together, we help individuals to restore balance and find hope, strength, and healing. Meets on the 3rd Tuesday of the month, 6-7:30 pm at Spring Grove Funeral Homes, 4389 Spring Grove Ave, Cincinnati, OH 45232. To register, please call (513) 870-9108 or visit companionsonajourney.org.

HOPE AFTER LOSS - COMPANIONS ON A JOURNEY (COJ) WITH CHRIST TABERNACLE APOSTOLIC CHURCH

Hope After Loss is an open grief group designed to offer support to adults who have suffered the death of a loved one. Together, we help individuals to restore balance and find hope, strength, and healing. Meets on the 2nd Monday of the month, 6:30-8 pm at Christ Tabernacle Apostolic Church, 732 Reading Road, Mason, OH 45040 (Enter through Door C). To register, please call (513) 870-9108 or visit companionsonajourney.org.

FOR THOSE EXPERIENCING THE LOSS OF A LOVED ONE

A support group for those who have lost a loved one. Meets the 1st Sunday of the month, 1:00-3:00pm at Neidhard-Minges Funeral Home, 3155 Harrison Ave., Cincinnati, OH 45211. Contact: Janet McGrath, (513) 661-3022. Please call before attending to verify that group is meeting.

GRIEF BASICS

A grief support group for those who have experienced the death of a loved one. Meets on the 1st Tuesday of the month at 6:30pm at St. Joseph Catholic Church, 2470 Lorraine Ct, Crescent Springs, KY, 41017. Contact (859) 301-4611 or stars@stelizabeth.com for additional information prior to attending.

GRIEF SUPPORT GROUP

Immaculate Heart of Mary Parish, 7820 Beechmont Avenue, Cincinnati, OH 45255, offers a Grief Support Group. This group brings together people who are dealing with the loss of a loved one. All are welcome to attend. Contact the parish office for additional information (513) 388-4466.

GRIEF SUPPORT GROUP

For those grieving the death of a loved one at St. James Church, 3565 Hubble Rd, Cincinnati, OH 45247. Contact Vicki Jung (513) 260-2373 or Julie Schneider (513) 377-1232 for start date.

GRIEF SHARE: JOURNEY FROM MOURNING TO JOY

Non-denominational group for those grieving the death of someone close that features biblical teaching on grief and recovery topics. Offered twice a year for 13 weeks at Cross Pointe Baptist Church, 4596 Bells Lane, Cincinnati, OH 45244. For the next start date and times, call (513) 528-1740.

HEALING A HEART

A support group for adults. A six week program in the Spring and Fall. Hospice Care of Middletown, 4418 Lewis St, Suite B, Middletown, OH 45044. For starting dates, times and locations contact (513) 424-2273.

LIFE TRANSITIONS

For those who are experiencing the death of a loved one from cancer. Meets 1st & 3rd Wednesdays 6:30 pm-8:00pm at Cancer Support Community, 4918 Cooper Rd., Cincinnati, OH 45242. Contact: (513) 791-4060 for additional information.

LIFE AFTER LOSS GRIEF SUPPORT GROUP

Grief support group for those who have experienced any type of loss through death. For starting date and location, please call Hospice of Dayton (937) 258-4991.

MOTHERLESS DAUGHTERS MINISTRY PROGRAMS:

The Motherless Daughters Ministry offers ongoing Support Groups on various topics. For additional information, please contact L. Danyetta Najoli, MA, Executive Director: danyetta@motherlessdaughtersministry.com, or call: (513) 508-3866

MOVING THROUGH GRIEF

A free yoga class that offers a compassionate practice that encourages participants to move through the pain of grief and loss to reconnect with your inner empowerment. Gentle, guided movements focus on using breath and sound to explore your feelings. Program held monthly at the St. Elizabeth Yung Family Cancer Center Mind, Body Studio, 1 Medical Village Drive, Edgewood, KY 41017. Contact (859) 301-4611 or stars@stelizabeth.com for additional information prior to attending.

NEW DAY GRIEF SUPPORT GROUP

A nine-week grief support group offered for adults who have lost a loved one. Please call for the start of the next group. Contact Kathy Teipen (513) 489-7489.

NAVIGATING GRIEF SUPPORT GROUP

A grief support group for adults, 18 and older, who have lost a loved one. Meets on the 2nd Tuesday of the month from 6:00-7:30pm at the Community Grief Center in Edgewood, KY. Support group for children ages 5-16 runs at the same time. Contact (859) 301-4611 or stars@stelizabeth.com for additional information prior to attending.

PARENT LOSS FOR ADULTS

This group is for adults, 18 and over, who have experienced the death of a parent. The group meets the 2nd Wednesday of each month from 6:00pm at the Community Grief Center in Edgewood, KY. Contact (859) 301-4611 or stars@stelizabeth.com for additional information prior to attending.

TURNING PAGES TOGETHER: A monthly book club

The Goldstein Family Grief Center is offering a monthly book club. Each month, this group will explore issues surrounding grief and life through a variety of books. For information about dates, time, and the book of the month, please contact the grief center at 513-246-9208 or BereavementReferral@trihealth.com.

WALKING GRIEF GROUP: Grief is a journey which we take one step at a time.

The Goldstein Family Grief Center is offering a Walking Group for grieving individuals. This casual stroll offers the opportunity to connect with nature and with others who are grieving while talking and walking. The walks take place at 10:00am on the first Friday of the month and are held at the Blue Ash Nature Park - 4337 Cooper Road, Blue Ash, OH 45242. Registration is required by contacting the grief center at 513-246-9208 or BereavementReferral@trihealth.com. **A release form will be signed when you arrive for the walk.*

WIDOWS/WIDOWERS

“A WIDOWS LIFE”: SPOUSE LOSS FOR WOMEN: Meets on the 3rd Wednesday of each month from 3:00-4:30 group at the Community Grief Center in Edgewood, KY. Contact (859) 301-4611 or stars@stelizabeth.com for additional information prior to attending.

COMPANIONS ON A JOURNEY GRIEF SUPPORT (COJ): Young Widowed Grief Support Group

Surrounded with love and support, this grief support group offers the opportunity to connect with other individuals (ages 20-64) who understand the heartache of losing a spouse. Together, we help individuals to restore balance and find hope, strength, and healing. We welcome any widowed person to attend any of the widowed support groups. This group meets on the 2nd and 4th Wednesdays of the month, 6:30-8 pm at 8857 Cincinnati-Dayton Road, Suite #002, West Chester, OH 45069. To register, please call (513) 870-9108 or visit companionsonajourney.org.

COMPANIONS ON A JOURNEY GRIEF SUPPORT (COJ): New Beginnings and Living Again Widowed Grief Support Groups

Surrounded with love and support, this grief support group offers the opportunity to connect with other individuals (ages 65+) who understand the heartache of losing a spouse. Together, we help individuals to restore balance and find hope, strength, and healing. Age is a guideline. We welcome any widowed person to attend any of the widowed support groups. Participants are grouped into New Beginnings (widowed for less than 18 months) or Living Again (widowed for longer than 18 months). These groups meet on the 2nd and 4th Wednesdays of the month, 2-3:30 pm at St. Maximilian Kolbe Parish, 5720 Hamilton Mason Rd, Liberty Township, OH 45011. To register, please call (513) 870-9108 or visit companionsonajourney.org.

COMPANIONS ON A JOURNEY GRIEF SUPPORT (COJ): New Adventures for Widowed

COJ's New Adventures offers social outings for current and future members of our widowed support groups. There is a monthly lunch outing at a local restaurant as well as a monthly dinner night at a local restaurant. If you are interested in joining, please visit companionsonajourney.org for more information and to register.

HOPE AFTER LOSS – Young-ish Spouse/Partner Loss Group

The Goldstein Family Grief Center is offering a grief and loss group for the young-ish who are grieving the loss of a spouse/partner while navigating the demands of life. This group meets the last Thursday of the month 5-6pm. Please call 513-246-9208 or email BereavementReferral@trihealth.com for registration and location information.

MEN'S HUDDLE

A grief support/social group for men who have experienced the deaths of their wife, partner or significant other meets on the 3rd Friday of the month at 9:00-10:30am at the Community Grief Center in Edgewood, KY. Provides an opportunity to connect with other men and find support in an informal atmosphere. Contact (859) 301-4611 or stars@stelizabeth.com for additional information prior to attending.

PARTNER/SPOUSAL LOSS SUPPORT GROUP

The Goldstein Family Grief Center offers a 6-week support group is designed for those who are grieving the loss of a spouse/partner. Please visit our website <https://hospiceofcincinnati.org/services/grief-services/> and click on the current support group offerings for a complete list of current support groups. For additional information please call 513-246-9208 or email BereavementReferral@trihealth.com.

SPOUSE LOSS SUPPORT GROUP

A grief support group for adults who have experienced the death of a spouse, partner or significant other meets on the 4th Tuesday of the month at 6:00-7:30pm at the Community Grief Center in Edgewood, KY. Contact (859) 301-4611 or stars@stelizabeth.com for additional information prior to attending.

SPOUSE LOSS SUPPORT GROUP

A six week support group for those who have experienced the loss of a spouse at the Linnemann Center. Call for dates, time and location, (859) 727-1250.

WIDOWS/WIDOWERS GRIEF SUPPORT GROUP

Grief support group for anyone who lost a spouse. Sponsored by Hospice of Dayton. For time and locations, please call (937) 258-4991.

YOUNG WIDOWS/WIDOWERS SUPPORT GROUP

A six week support group for those who lost a younger spouse at the Linnemann Center. Please call for dates and times, (859) 727-1250.

SUICIDE

CHRISTIAN SURVIVORS OF SUICIDE SUPPORT GROUP

Meets the second Wednesday of each month from 6:30pm until 8:30pm at the First Church of Christ- Burlington Campus. Additional information is available via the website: CSOS (Christian Survivors of Suicide) - First Church of Christ The contact person is the Discipleship Director, Jenny Leach: jleach@firstchurch.me, phone number: 859-586-4673.

COMPANIONS ON A JOURNEY GRIEF SUPPORT (COJ): Hope and Healing After a Suicide Loss

Hope & Healing After Suicide Loss Support Group offers the opportunity to connect with other adults who understand the heartache of losing a loved one to suicide. Surrounded with love and support, together we help individuals to restore balance and find hope, strength, and healing. The group meets on the 1st Tuesday of the month, 6:30-8 pm. Boys and Girls Club of West Chester/Liberty, 8748 Cincinnati-Dayton Road, West Chester Township, OH 45069. To register, please call (513) 870-9108 or visit companionsonajourney.org.

SURVIVING AFTER SUICIDE

A peer-led support group for adults who have lost a loved one to suicide. The group meets the 3rd Monday of the month. For location and additional information, call Melissa Murphy, (513) 317-2249 or email mlmurphy@fuse.net.

SPECIALIZED GROUPS/ADDICTION SUPPORT GROUPS

LGBTQ+ GRIEF SUPPORT

The Goldstein Family Grief Center is offering a grief and loss support group for anyone who is grieving a loss within the LGBTQ+ community. This group meets the last Tuesday of the month from 5-6pm. Please call 513-246-9208 or email BereavementReferral@trihealth.com for registration and location information.

PATH TO PEACE (OVERDOSE LOSS) – COMPANIONS ON A JOURNEY (COJ) IN PARTNERSHIP WITH SPRING GROVE FUNERAL HOME

Surrounded with love and support, this grief support group is hosted by Spring Grove Funeral Homes and facilitated by Companions on a Journey. Together, we help individuals who have suffered a loss to overdose to restore balance and find hope, strength, and healing. Meets on the 4th Tuesday of the month, 6-7:30 pm at Spring Grove Funeral Homes, 4389 Spring Grove Ave, Cincinnati, OH 45232. To register, please call (513) 870-9108 or visit companionsonajourney.org.

UNSPOKEN GRIEF SUPPORT GROUP

The Goldstein Family Grief Center in partnership with Hamilton County Public Health is offering a grief and loss group designed for those navigating grief following a death by addiction, overdose or suicide. Please call 513-246-9208 or email BereavementReferral@trihealth.com for information on dates and times.

THIS UPDATED BEREAVEMENT SUPPORT GROUP LIST IS PROVIDED BY THE CINCINNATI COLLEGE OF MORTUARY SCIENCE.

The Cincinnati College of Mortuary Science is the oldest Mortuary school in the United States. Founded in 1882, CCMS has been providing education for funeral directors for 143 years. Building upon their educational excellence, CCMS has expanded its mission with the vision of “Transforming Death Education” by providing bereavement related educational opportunities to those who serve the bereaved. For information about the Cincinnati College of Mortuary Science and future educational opportunities for bereavement professionals, please visit their website: www.ccms.edu

To add group information or to make changes to a group, please contact:
Jan Borgman, MSW, LISW-S-FT at cjborgman1107@gmail.com