



Kobacker House
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Columbus, Ohio 43214-3463
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ohiohealth.com

December 11, 2018

Dear School Counselor,

We have enclosed several flyers on programs which may be of interest to students with whom you work, who have experienced the death of a significant person in their life. In addition to our OhioHealth Hospice School Outreach Program, we also provide various groups and events for children/teens/families. The monthly **Stepping Stones Children's Grief Workshop for children, ages 6-12, with a concurrent, optional, parent grief support group**, takes place on the **3rd Saturday of the month at Kobacker House**, our OhioHealth Hospice facility. Kobacker House is also the location of the **"Moving through Grief" Kids Zumba and Pound Fitness class**, which takes place on **four successive Saturdays for children ages 6-12, beginning January 19th, 2019**. The Zumba and Pound Fitness, led by a certified instructor (who happens to be a retired school counselor!), incorporates grief education, grief support and physical activity to assist children in their grief process. We also invite the caregiver(s) of the child to join in the last class.

Also, we are excited to present our **Family Ceramic Memory Bowl** program for the first time to **families and their children/teens, ages 9 years old and up**. The focus on the family working together to create this bowl also provides them with a cherished memento and ideally strengthening family bonds.

Family Adventure Time at Camp Mary Orton, which occurs in May, is an activity for the whole family, ages 7 and up, with the backdrop of nature, nourishing families with support and a sense of accomplishment as they learn some alternative ways to deal with their grief as individuals and a family.

We are excited to provide these opportunities to children/teens/families, **free of charge**, thanks to the generosity of the community donations and fundraising efforts of our board. Feel free to make copies of the enclosed flyers and distribute them to those you think may benefit from the offerings. The information regarding registration is included on the flyers. Thank you for your support of all our programs and we wish you well in your endeavors in assisting grieving students and their families. Feel free to call, if you have further questions.

Best Regards, on behalf of the OhioHealth Hospice Bereavement Program,
Christie Echard-McBride, LISW-S, CTP-C
OhioHealth Hospice Bereavement Services
Children and Teen Programs
800 McConnell Dr., Columbus, OH 43214
(614)533-6060 Bereavement office (614)533-6065 direct number

Stepping Stones

A Grief Support Program for Children

Losing someone you care about is tough at any age. But for children, it can be challenging to sort out feelings of sadness, fear, anger or hurt when a special person has died. Finding the right words and ways to express grief can be frustrating and difficult. Stepping Stones can help.

When:

- + Meets the third Saturday of the month
- + Special events planned throughout the year

Time:

- 9 to 11:30 a.m. Children's program
- 9 to 10:30 a.m. Discussion group for adults, parents, caregivers who bring children to Stepping Stones

OhioHealth Hospice Kobacker House

800 McConnell Drive
Columbus, Ohio 43214

Facilitators:

Donna Hrabcak, ATR, BC
Christie Echard-McBride, LISW-S, CTP

Stepping Stones is a comprehensive program that helps children understand and communicate their grief. During this workshop, children spend time:

- + Learning about and understanding their feelings
- + Meeting and talking with other children
- + Developing healthy ways to express grief
- + Sharing memories

This program is led by OhioHealth children's grief specialists and is open to children ages 6 to 12.

- + A light snack is provided
- + Consultation available for adults with preschool age children

PLEASE
REGISTER

There is no cost to participate. Call (614) 533.6060 to register or for more information.

Moving Through Grief featuring Zumba Kids® / Pound® Fitness Classes

Physical activity can help children release the hurt in their hearts from grief.

Children ages 6 to 12 in grades 1 through 6 are invited to join a four-week Zumba Kids® / Pound® Fitness class, offered through the OhioHealth Hospice Stepping Stones program for grieving children.

Zumba Kids® is a dance fitness program specifically designed for children that includes culturally diverse music and various elements of dance, cardio and traditional aerobics. The active combination of Zumba Kids® / Pound® Fitness and expressive arts, along with grief education and support, allows grieving children to develop/enhance coping skills and improve their overall health and well-being, while having fun!

OhioHealth Kobacker House

Community Rooms A and B
800 McConnell Drive
Columbus, Ohio 43214

Facilitators:

Christie Echard-McBride, LISW-S, CTP
Cheryl Nappier, PhD, LPC, BCPC
Licensed Zumba Kids® and Zumba® Instructor

Dates of this Four-Week Session:

Saturday, January 19, 2019 from 9 to 11:30 a.m.
(regularly scheduled Stepping Stones program)
Saturday, January 26, 2019 from 10 to 11:30 a.m.
Saturday, February 2, 2019 from 10 to 11:30 a.m.
Saturday, February 9, 2019 from 10 to 11:30 a.m.

PLEASE
REGISTER

Class size is limited — registration is required.
Please call (614) 533.6060 to register for this program.

*This program is provided by the generosity of our
community through the OhioHealth Foundation.*

Please consider a gift to the OhioHealth Foundation
at www.ohiohealth.com/foundation-hospice

Family Adventure Time AT CAMP MARY ORTON

Join us in the wooded acres of Camp Mary Orton for a fun event including challenge activities.

This special event is designed for children and teens, ages 7 to 18 in grades 1 to 12, along with their parent(s)/adult caregiver(s), who have experienced the death of someone special in their lives. Components of grief education and support are incorporated into the afternoon activities.

Facilitators:

- + OhioHealth Hospice Bereavement and Community grief program specialists
- + OhioHealth Hospice grief support volunteers
- + Staff of Camp Mary Orton

DATE: Saturday, May 11, 2019

TIME: 12:45 to 5 p.m.

PLACE: Camp Mary Orton

7925 North High Street
Columbus, Ohio 43235

A light snack and dinner will be provided..

**Space is limited,
so call today!**

**Registration deadline is
Friday, April 19, 2019.**

TO REGISTER:

Call (614) 533.6060



This program is provided by the generosity of our community through the **OhioHealth Foundation**.

Please consider a gift to the OhioHealth Foundation at OhioHealth.com/Foundation-Hospice

Ceramics for Families (Memory Bowl)

Using various hand building techniques, each participant will create a ceramic memory bowl in honor of their loved one. For children 9 and older, with their families.

When:

March 19, 2019

March 26, 2019

April 2, 2019

April 9, 2019

Time:

6 to 8 p.m.

Location:

Class will not be held at Kobacker House.

You will be given location information once you register for the class.

Facilitators:

Christine Echard-McBride, LISW-S, CTP

Teresa Neill-Green, ATR, BC, LSW

PLEASE
REGISTER

**No cost, class size is limited — registration is required.
Please call (614) 533.6060 to register.**

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Please consider a gift to the OhioHealth Foundation at www.ohiohealth.com/foundation-hospice

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