

Columbia Area Grief Support Groups and Programs** Current as of January 2017

****PLEASE SUBMIT NEW SUPPORT GROUPS AND RESOURCES. Also, LET US KNOW CHANGES IN CURRENT GROUPS AND PROGRAMS so that we can keep our data base of grief resources current. Call 803-413-2199.**

General Grief Support Groups for Death of Loved One

Program	Audience	Date/Time	Place	Contact	Phone
"From Grief to Joy" Support Group Sponsored and funded by Amedisys Hospice	Adults	3rd Tuesday of each month 7:00-8:30 pm. Free of charge	Family Life Center, Lexington Baptist Church 308 E. Main Street, Lexington	Rob Cely, Leader	(803) 251-2287 or (803) 800-4930
Pathfinders -Columbia Downtown Sponsored by Palmetto Health Hospice	Adults	1 st Tuesday of each month, 5:30-7:30 pm Supper is provided	Palmetto Health Baptist Cafeteria, Taylor at Marion St., Columbia	Karen Brazell or Drew Royall	(803) 296-3100 Ext 3331 or 1-800-238-1884
Pathfinders –Newberry Sponsored by Palmetto Health Hospice	Adults	2 nd Tuesday of each month 3:00-4:00 pm Last Thursday of each month 5:30-6:30 p.m.	1400 Camellia Ave, Newberry	Erin Mills	(803) 405-0808 or 1-800-518-5175
Sharing Hearts Sponsored by SC HPC Hospice and Palliative Care	Adults	2 nd Monday of each month 6:30 – 8:00 pm Free of charge	140 Stoneridge Dr., Suite 630 Columbia, SC 29210	June Scruggs, Leader	(803) 727-5188 Call for more information
Bereavement Support Group Sponsored by Chaplain's Office Lexington Medical Center	Adults	1 st Thursday of each month 7:00 pm	Granby Room Lexington Medical Center 2720 Sunset Blvd., West Columbia	Gloria Shull	(803) 791-2901
Grief Support Group Sponsored by Regency Hospice Aiken	Adults	3 rd Thursday of each month 10:30-11:30 am	Cumberland Hills Assisted Living Aiken	Mark Hudson	(803) 648-2117
**Call other Hospices to see if they offer Grief Support Groups in your area					

Help when Grieving a Suicide

Program	Audience	Date/Time	Place	Contact	Phone
Survivors of Suicide (SOS) Support Group	Adults	1st Tuesday of each month 7:00-8:30 pm	Westminster Presbyterian Church 1715 Broad River Road Columbia	Heyward Thomas- phone contact Cathy Neeley- Email contact	(803) 622-1512 catneeley@windstream.net
NEXT CLASS STARTS February 2017 "Finding Your Way after the Suicide of Someone You Love" Faith-based Grief Recovery Program for those who have experienced the suicide of a loved one; offered by Joy in the Mourning® Center	Adults	A 9-week faith-based grief recovery program offered periodically. Pre-registration required. Group closed to new participants after the first week. \$35 – individual registration fee \$50 – couple registration fee	Call for more information or to register	Joy in the Mourning® Center Nancy Pilat-Renner, Leader	(803) 716-4600 www.joyinthemourningcenter.org (803) 546-2923
AFSP (American Foundation for Suicide Prevention) – National organization www.afsp.org			AFSP South Carolina Chapter Columbia, SC southcarolina@afsp.org	Helen Pridgen, Director (803) 522-9318 hpridgen@afsp.org	AFSP office:(803) 667- 9853

Help when Grieving a Murder or Homicide

Program	Audience	Date/Time	Place	Contact	Phone
Parents of Murdered Children & Other Survivors of Homicide	Adults	3 rd Tuesday of each month 6:00 – 8:00 p.m.	Washington Street United Methodist Church 3 rd Floor Youth Room 1401 Washington Street, Columbia	Stephanie Greene	(803) 238-0159 columbiascpomc@gmail.com

Help for Parents Grieving the Death of a Child

Program	Audience	Date/Time	Place	Contact	Phone
Naomi's Circle Support groups for pregnancy and infant loss HOPE (Group for Loss) PAL (Group for Pregnancy after a Loss) www.naomiscircle.org www.facebook.com/NaomisCircle	Adults	Call or email for more information 2 nd Thursday of each month 6:30-7:45 pm Child Care available	Naomi's Circle Spring Valley Baptist Church 91 Polo Road, Columbia	Kristi Bothur	(803) 728-1162 naomiscircle@gmail.com
Wee Remember Support Group (Pregnancy and very early infant loss)	Adults	4 th Tuesday of each month 6:30-8:00 pm	Basement Chaplain's Seminar Room @ 1501 Sumter St. Palmetto Health Baptist Hospital Columbia	Rosalee Blair	(803) 296-5636 or (803) 296-5580
Memories Support Group (Pregnancy Loss)	Adults	2 nd Thursday of each month 7:00-8:15 pm	North Entrance Outpatient Registration Area Lexington Medical Center West Columbia	Corrine Barbian	(803) 960-6140 clbarbian@gmail.com
Compassionate Friends of the Midlands Columbia	Adults	1 st Thursday of each month 6:30 pm	First Presbyterian Church, Columbia Palmer Ministry Center, Room 107	Irene Stern	(845) 641-9561
Compassionate Friends National Headquarters www.compassionatefriends.org	Adults	National Organization Call or check their website			1-877-969-0010

Help for Grieving Children and Teens - Programs available at intervals during the year

Program	Audience	Date/Time	Place	Contact	Phone
Good Grieving for Adult Caregivers of Grieving Children	Adults	January 30, April 24, July 24, and October 23	Palmetto Health Children's Hospital 7 Richland Medical Park Richland Campus	Kimberly Few	434-4566
Good Grieving for Children and Teens Ages 5-18 years	Children	January 30, April 24, July 24, and October 23	Palmetto Health Children's Hospital 7 Richland Medical Park Richland Campus	Kimberly Few	434-4566
Art and Play Therapy Center of SC Professional Art and Play Therapy www.lyssaharvey.com	Teens Children		Art and Play Therapy Center of SC 5115 Forest Drive, Suite D Columbia	Lyssa Harvey	(803) 920-0707 lyssa@lyssaharvey.com

Loss of a Pet

Program	Audience	Date/Time	Place	Contact	Phone
"Rainbow Bridge" Pet Loss Support Group Sponsored and funded by Cherokee Trail Veterinary Hospital & Lake Murray Animal Hospital	Adults & Teens	3 rd Monday of each month 7:00-8:30 p.m. Free of charge	Senior Center, Lexington Leisure Center 108 Park Road Lexington, SC 29072	Nancy Pilat-Renner, Leader	(803) 546-2923 npilat01@yahoo.com

Loss of a Spouse

Program	Audience	Date/Time	Place	Contact	Phone
"A New Road" Bereavement Seminar for Widowed Persons	Adults	First weekend in October Friday through Sunday	Camp Kinard Batesburg-Leesville	Dee Camp----- Ann Simon-----	(864) 706-6596 deesc@me.com (706) 910-7534 dcgadm@knology.net

Healing Grief Using Art

Program	Audience	Date/Time	Place	Contact	Phone
Art of Coping with Loss (Loss of a loved one) Sponsored by Dunbar Funeral Home NE	Adults	4 th Tuesday of each month 6:30-8:00 pm	Vive Church 2620 Clemson Road, Columbia	Delores Gullede	(803) 730-2220 or (803) 788-6310
Arts as Medicine Healing the Heart with God and the Arts www.artsasmedicice.com/	Adults	Call for more information Offered as needed	Arts as Medicine Healing the Heart with God and the Arts 1929 Gadsden Street Columbia, SC 29201	Dr. Delores Gullede Ph.D, FT, CCR Thanatologist	(803) 730-2220 drdee@artsasmedicine.com
Art and Play Therapy Center of SC www.lyssaharvey.com	Adults Teens Children	Call for more information	Art and Play Therapy Center of SC 5115 Forest Drive, Suite D Columbia	Lyssa Harvey	(803) 920-0707 lyssa@lyssaharvey.com

Faith-Based Grief Programs

Grief Recovery Program at St. Andrews Presbyterian Church - Irmo area

Program	Audience	Date/Time	Place	Contact	Phone
<p>Grief Recovery Program at St. Andrews The journey through grief after the loss of a loved one often poses challenges along the way. While every loss is different, and every individual grieves in his or her own way, grief shares common characteristics of sadness and loss. Grief Recovery provides a place where participants can know they are not alone and can gain support and valuable tools to help while navigating the sometimes long path of grief. The Grief Recovery Program is open to anyone who has experienced the loss of a loved one.</p> <p>This is a “<i>Joy in the Mourning</i>”® program</p>	Adults	<p>This 8-week program will meet on Wednesday evenings beginning January 11 and will meet from 6:30 -8:00 p.m. each week</p> <p>The program is free of charge; open to new participants at any time during the 8-week cycle.</p> <p>The program is led by grief counseling professionals</p>	<p>St. Andrews Presbyterian Church 6952 St. Andrews Rd., Room 304 Columbia, SC 29212</p> <p>(Located in the Irmo area directly across the street from Crossroads Middle School)</p> <p>Park in parking lot at the Church Office, and follow signs to Room 304</p>	<p>Linda Gill OR St. Andrews Presbyterian Church</p>	<p>(803) 413-2199</p> <p>Church office: (803) 732-2273</p> <p>Church website: http://www.sapc.net/ministries/griefrecovery/</p>

GriefShare® Programs Offered by Local Churches

GriefShare® is a church-based 13-week grief recovery support group designed to help adults who have experienced the loss of a loved one. Go to www.griefshare.org to find a GriefShare® location near you.

Organizations Providing Help for Specific Losses and Issues Related to Loss

Organization	Audience	Date/Time	Place	Contact	Phone
<p>“Joy in the Mourning”® Center</p> <p>The Joy in the Mourning® Center will close March 31, 2017 after 15 years of service to the community. After closing, we will continue to maintain our website to help you find grief resources.</p>			<p>Get continuing information: www.joyinthemourningcenter.org or www.joyinthemourning.org</p> <p>Facebook: www.facebook.com/JoyInTheMourningCenter</p>	<p>Linda Gill, Founder</p> <p>Email: joyinthemourningcenter@gmail.com</p>	(803) 413-2199
<p>AFSP (American Foundation for Suicide Prevention) – National organization www.afsp.org</p>		Call for more information	<p>AFSP South Carolina Chapter Columbia, SC southcarolina@afsp.org</p>	<p>Helen Pridgen, Director (803) 522-9318 hpridgen@afsp.org</p>	AFSP office: (803) 667-9853
<p>Post-Trauma Resources Provides specialized counseling and therapy for those who have experienced severe traumatic, life-threatening events and losses</p>	All ages	Call for more information	<p>Post-Trauma Resources 1709 Laurel Street Downtown Columbia</p>		(803) 765-0700 www.posttrauma.com
<p>Family Connection Provides support for families who have children with special needs or the loss of a child with special needs</p>	Families	Call for more information	<p>Family Connection 2712 Middleburg Drive, Suite 103 Columbia, SC 29204 http://www.familyconnectionSC.org</p>		(803) 252-0914

****This is not an exhaustive list of grief groups, resources, and grief counseling specialists in the Midlands. We apologize if we have left any of you out. If this has happened, it is simply because we do not know about your group, your organization, or about you as a professional grief specialist. We would be happy to add your information to this list if you will contact us. To contact us, call (803) 413-2199.**