

**Columbia Area Grief Support Groups and Programs**  
**Current as of August 2017**  
**Compiled by Joy in the Mourning®**

**General Grief Support Groups for Death of Loved One**

<b>Program</b>	<b>Audience</b>	<b>Date/Time</b>	<b>Place</b>	<b>Contact</b>	<b>Phone</b>
<b>“From Grief to Joy”</b> Support Group Sponsored and funded by Amedisys Hospice	Adults	3 <sup>rd</sup> 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
<b>Pathfinders</b> -Columbia Downtown Sponsored by Palmetto Health Hospice  <b>TWO different groups now in Columbia</b>	Adults	1 <sup>st</sup> Tuesday of each month →, 5:30-7:30 pm Supper is provided  1 <sup>st</sup> Monday of each month → 2:00–3:00 pm	Palmetto Health Baptist Cafeteria, Taylor at Marion St., Columbia  The Lourie Center 1650 Park Circle, Columbia	Karen Brazell or Drew Royall	(803) 296-3100 or 1-800-238-1884
<b>Pathfinders – Newberry</b> Sponsored by Palmetto Health Hospice	Adults	2 <sup>nd</sup> 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 Willis	(803) 405-0808 or 1-800-518-5175
<b>Sharing Hearts</b> Sponsored by Halcyon Hospice, Columbia	Adults	1 <sup>st</sup> Wednesday of each month 6:00 – 8:00 pm	Call for more information	June Scruggs, MSW, LMSW	(803) 758-4099
<b>Bereavement Support Group</b> Sponsored by Chaplain’s Office Lexington Medical Center, Lexington	Adults	1 <sup>st</sup> Thursday of each month 7:00 pm	Granby Room Lexington Medical Center 2720 Sunset Blvd., West Columbia	Gloria Shull	(803) 791-2901
<b>Grief Support Group – Aiken</b> Sponsored by Regency Hospice, Aiken	Adults	3 <sup>rd</sup> 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
<b>Survivors of Suicide (SOS) Support Group</b>	Adults	1st Tuesday of each month 7:00-8:30 pm	Westminster Presbyterian Church 1715 Broad River Road Columbia	Cathy Neeley	(803) 356-2874 <a href="mailto:catneeley@windstream.net">catneeley@windstream.net</a>
<b>AFSP (American Foundation for Suicide Prevention) – National organization</b> <a href="http://www.afsp.org">www.afsp.org</a>		If you are considering harming yourself, call 1-800-273-8255 or 911, or go to the nearest Emergency Room.	AFSP South Carolina Chapter Columbia, SC <a href="mailto:southcarolina@afsp.org">southcarolina@afsp.org</a>	Helen Pridgen, Director (803) 522-9318 <a href="mailto:hpridgen@afsp.org">hpridgen@afsp.org</a>	AFSP office:(803) 667-9853

## Help when Grieving a Murder or Homicide

Program	Audience	Date/Time	Place	Contact	Phone
<b>Parents of Murdered Children &amp; Other Survivors of Homicide</b>	Adults	3 <sup>rd</sup> Tuesday of each month 6:00 – 8:00 p.m.	Washington Street United Methodist Church Grace Classroom 1401 Washington Street, Columbia	Stephanie Greene	(803) 238-0159 <a href="mailto:columbiascpomc@gmail.com">columbiascpomc@gmail.com</a>

## Help for Parents Grieving the Death of a Child

Program	Audience	Date/Time	Place	Contact	Phone
<b>Naomi's Circle</b> Support groups for pregnancy and infant loss <b>HOPE</b> (Group for Loss) <b>PAL</b> (Group for Pregnancy after a Loss) <a href="http://www.naomiscircle.org">www.naomiscircle.org</a> <a href="https://www.facebook.com/NaomisCircle">www.facebook.com/NaomisCircle</a>	Adults	Call or email for more information  2 <sup>nd</sup> 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 <a href="mailto:naomiscircle@gmail.com">naomiscircle@gmail.com</a>
<b>Wee Remember</b> Support Group (Pregnancy and very early infant loss)	Adults	4 <sup>th</sup> 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
<b>Memories</b> Support Group (Pregnancy Loss) Lexington Medical Center	Adults	2 <sup>nd</sup> Thursday of each month 7:00-8:15 pm	Check in at the information desk at the North Tower Entrance Lexington Medical Center West Columbia	Corrine Barbian	Call or text (803) 960-6140
<b>Compassionate Friends</b> of the Midlands Columbia	Adults	1 <sup>st</sup> Thursday of each month 6:30 pm	Palmer Ministry Center, Room 202 1420 Lady Street, Columbia	Irene Stern	(845) 641-9561
<b>Compassionate Friends</b> National Headquarters <a href="http://www.compassionatefriends.org">www.compassionatefriends.org</a>	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
<b>Good Grieving for Adult Caregivers of Grieving Children</b>	Adults	Meets Quarterly Call for more information	Palmetto Health Children's Hospital 7 Richland Medical Park Richland Campus	Kimberly Few	434-4566
<b>Good Grieving for Children and Teens</b> Ages 5-18 years	Children	Meets Quarterly Call for more information	Palmetto Health Children's Hospital 7 Richland Medical Park Richland Campus	Kimberly Few	434-4566
<b>Art and Play Therapy Center of SC</b> Professional Art and Play Therapy <a href="http://www.lyssaharvey.com">www.lyssaharvey.com</a>	Teens Children		Art and Play Therapy Center of SC 5115 Forest Drive, Suite D Columbia	Lyssa Harvey	(803) 920-0707 <a href="mailto:lyssa@lyssaharvey.com">lyssa@lyssaharvey.com</a>

## Loss of a Pet

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

## Loss of a Spouse

Program	Audience	Date/Time	Place	Contact	Phone
"A New Road" Bereavement Seminar for Widowed Persons	Adults	First weekend in October <b>October 6-8, 2017</b>  <b>Registration Deadline:</b> September 15	Camp Kinard Batesburg-Leesville	Dee Camp-----  Ann Simon-----	(864) 706-6596 <a href="mailto:deesc@me.com">deesc@me.com</a>  (706) 910-7534 <a href="mailto:dcgadm@knology.net">dcgadm@knology.net</a>

## Healing Grief Using Art

Program	Audience	Date/Time	Place	Contact	Phone
<b>Art of Coping with Loss</b> (Loss of a loved one) Sponsored by Dunbar Funeral Home NE	Adults	4 <sup>th</sup> Tuesday of each month 6:30-8:00 pm	Vive Church 2630 Clemson Road, Columbia	Delores Gullede	(803) 730-2220 or (803) 788-6310
<b>Arts as Medicine</b> <b>Healing the Heart with God and the Arts</b>	Adults	Call for more information Offered as needed	Arts as Medicine Healing the Heart with God and the Arts	Dr. Delores Gullede Ph.D, FT, CCR Thanatologist	(803) 730-2220 <a href="mailto:drdee@artsasmedicine.com">drdee@artsasmedicine.com</a>
<b>Art and Play Therapy Center of SC</b> <a href="http://www.lyssaharvey.com">www.lyssaharvey.com</a>	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 <a href="mailto:lyssa@lyssaharvey.com">lyssa@lyssaharvey.com</a>

## Faith-Based Grief Programs

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

Program	Audience	Date/Time	Place	Contact	Phone
<p><b>Grief Recovery Program at St. Andrews Presbyterian Church-</b></p> <p><b>Finding Joy in the Mourning®</b>                      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 feelings of loss. For anyone who has experienced the death of a loved one, the Grief Recovery program provides valuable tools in a group setting to help you navigate the sometimes long and lonely journey through grief. Sharing with others can help you and others in the group feel less alone. If you are grieving, let us help you find joy again.</p> <p>The Grief Recovery Program is free and open to anyone who has experienced the loss of a loved one.</p>	Adults who have experienced the death of a loved one	<p>This 8-week program will meet on Wednesday evenings beginning <b>January 10, 2018</b> and will meet from 6:30 -8:00 p.m.</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>	St. Andrews Presbyterian Church 6952 St. Andrews Rd., Room 304 Columbia, SC 29212	St. Andrews Presbyterian Church	Church office: (803) 732-2273  Church website: <a href="http://www.sapc.net/ministries/griefrecovery/">http://www.sapc.net/ministries/griefrecovery/</a>

### 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](http://www.griefshare.org) to find a GriefShare® location near you.

## Resources for Specific Losses and Issues Related to Loss

Organization	Audience	Date/Time	Place	Contact	Phone
<p><b>“Joy in the Mourning”® Center</b></p> <p>The Joy in the Mourning® Center closed March 31, 2017 after 15 years of service to the community. We are continuing to maintain a website and Facebook site to help you find grief resources.</p>	-----	-----	<p>Get continuing resource information:  <a href="http://www.joyinthemourning.org">www.joyinthemourning.org</a></p> <p>Facebook:  <a href="https://www.facebook.com/JoyintheMourning">www.facebook.com/JoyintheMourning</a></p>	-----	-----
<p><b>AFSP (American Foundation for Suicide Prevention) – National organization</b> <a href="http://www.afsp.org">www.afsp.org</a></p>		Call for more information	<p>AFSP South Carolina Chapter            Columbia, SC  <a href="mailto:southcarolina@afsp.org">southcarolina@afsp.org</a></p>	<p>Helen Pridgen,            Director            (803) 522-9318  <a href="mailto:hpridgen@afsp.org">hpridgen@afsp.org</a></p>	<p>AFSP office: (803) 667-9853</p>
<p><b>Post-Trauma Resources</b>            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>		<p>(803) 765-0700  <a href="http://www.posttrauma.com">www.posttrauma.com</a></p>
<p><b>Family Connection</b>            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  <a href="http://www.familyconnectionSC.org">http://www.familyconnectionSC.org</a></p>		<p>(803) 252-0914             Or call toll-free:            (800) 578-8750</p>

**\*\*This is not an exhaustive list of grief groups, grief resources, and grief 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. To add or change information about a program, call (803) 413-2199.**