

Columbia Area Grief Support Groups and Programs
Current as of February, 2019
Helping you find Joy in the Mourning®

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	3 rd Tuesday of each month 7:00-8:30 pm Free of charge	Family Life Center, Lexington Baptist Church 308 E. Main Street, Lexington	Carrie Dorris	(803) 251-2287
Sharing Hearts Sponsored by Halcyon Hospice, Columbia	Adults	1 st Wednesday of each month 6:00 – 8:00 pm	Call for more information	June Scruggs, MSW, LMSW	(803) 758-4099
Pathfinders -Columbia Downtown Sponsored by Prisma Health Hospice TWO different groups in Columbia	Adults	1 st Tuesday of each month →, 5:30-7:30 pm Supper is provided 1 st Monday of each month → 2:00–3:00 pm	Prisma Health Baptist Cafeteria, Taylor at Marion St., Columbia The Lourie Center 1650 Park Circle, Columbia	Drew Royall	(803) 296-3100 or 1-800-238-1884
The Art of Coping with Loss Using the arts to heal grief	Adults	4 th Thursday of each month 6:30 – 8:00 pm	Leeza’s Care Connection 201 St. Andrews Rd., Columbia		(803) 888-7525
“Finding Rhythm after Loss” Grief Support Group	Adults	2 nd & 4 th Monday of each month 1:00 – 2:00 pm	Leeza’s Care Connection 201 St. Andrews Rd., Columbia		(803) 888-7525
Bereavement Support Group Sponsored by Chaplain’s Office Lexington Medical Center, Lexington	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 – Aiken 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	Cathy Neeley	(803) 356-2874 catneeley@windstream.net
AFSP (American Foundation for Suicide Prevention) – National organization www.afsp.org		PLEASE If you are thinking about harming yourself, call 1-800-273-8255 or 911, or go to the nearest Emergency Room.	AFSP South Carolina Chapter Columbia, SC southcarolina@afsp.org	Helen Pridgen, Director (803) 552-9318 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 Grace Classroom 1401 Washington Street, Columbia	Stephanie Greene	(803) 238-0159 columbiascpomc@gmail.com

Help for Grieving Children and Teens

Program	Audience	Date/Time	Place	Contact	Phone
Good Grieving for Children and Teens Ages 5-18 years		Not being offered at this time			

Loss 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/NaoomisCircle	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	Kim Beasley	(803) 296-5783
Memories Support Group (Pregnancy Loss) Lexington Medical Center	Adults	2 nd 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
Compassionate Friends National Headquarters www.compassionatefriends.org	Adults	National organization for parents who have experienced the loss of a child			1-877-969-0010
Jacoby's Shield Public Non-profit Healing Organization Mission: To inspire and empower the hearts of bereaved parents and siblings, primarily through hosting family bereavement camps. These camps combine traditional fun camp activities with grief education and emotional support; facilitated by grief professionals and trained volunteers.	Parents, Grandparents, and Siblings	Call for more information	Midlands of South Carolina	Stuart or Xaviera Latta	(803) 400-3299 www.jacobysshield.org

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	3rd 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	Camp Kinard Batesburg-Leesville	Dee Camp----- Ann Simon-----	(864) 706-6596 deesc@me.com (706) 910-7534 dcgadm@knology.net

Faith-Based Grief Programs

The Grief Recovery Program of St. Andrews Presbyterian Church - Irmo area

Program	Audience	Date/Time	Place	Contact	Phone
<p>The Grief Recovery Program of St. Andrews Presbyterian Church: How to Find "Joy in the Mourning"®</p> <p>After the loss of a loved one, the experience of grief can be difficult, painful, and bewildering. For anyone who has experienced the death of a loved one, the Grief Recovery program provides valuable tools to help you begin to move through your grief in a healthy way. Learning and sharing with others in the class can help you, along with them, feel less alone. If you are grieving, let us help you find joy again. We have helped many people deal with grief after losing spouses, children, parents, siblings, and others. We also have worked with losses following suicide, accidents, and many other kinds of expected or unexpected, sudden losses.</p> <p>The Grief Recovery program is an 8-week series of classes led by trained counselors. It is free and open to anyone who has experienced the loss of a loved one. You are welcome to join us anytime during the 8-week cycle.</p>	Adults who have experienced the death of a loved one	<p>Offered twice each year:</p> <p>January 9-February 27, 2019 Meets on Wednesday evenings from 6:30 -8:00 p.m. in Room 304</p> <p>Fall 2019 dates to be announced</p> <p>The program is free of charge and is open to new participants at any time during the 8-week cycle.</p>	St. Andrews Presbyterian Church 6952 St. Andrews Rd., Room 304 Columbia, SC 29212	St. Andrews Presbyterian Church	<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® group location near you.

Organizations for Specific Issues Related to Loss

Organization	Audience	Date/Time	Place	Contact	Phone
<p>“Joy in the Mourning”®</p> <p>Though the Joy in the Mourning® Center closed March 31, 2017 after 15 years of service to the community, we continue to maintain a website and Facebook site to help you locate grief resources and find your joy again.</p>			<p>Get continuing and updated grief resource information: www.joyinthemourning.org</p> <p>Facebook: www.facebook.com/JoyintheMourning</p>		
<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) 552-9318 hpridgen@afsp.org</p>	<p>AFSP office: (803) 667-9853</p>
<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>		<p>(803) 765-0700 www.posttrauma.com</p>
<p>Art and Play Therapy Center of SC Professional Art and Play Therapy</p>	Children Teens		<p>5115 Forest Drive, Suite D Columbia, SC</p>	<p>Lyssa Harvey</p>	<p>(803) 920-0707 lyssa@lyssaharvey.com</p>

This is not an exhaustive list of grief groups, grief resources, and grief specialists in the Midlands. I apologize if your program is not on this list. If this has happened, it is because I do not know about your group, your organization, or about you as a professional grief specialist. I would be happy to add your information to this list. To add or change information about a program, call (803) 413-2199.