



THIS MONTH AT ALIVE

July

Fundraising Events

Alive & The Bluebird

Tickets: AliveHospice.org/Bluebird

Merchandise: AliveHospice.org/Shop

The Alive & The Bluebird benefit series features top local songwriters. It is livestreamed every first Thursday, and includes occasional in-person VIP events.

Mindfulness and Relaxation

Sign-up online: AliveHospice.org/events

Weekly Guided Meditation (Virtual)

Need a moment of peace in your day? We invite you to join Alive, on Zoom, for a relaxing guided meditation. Led by our volunteer, Ben Glover.

Every Thursday | 1:00 p.m.

Sound Bath Meditation (Virtual)

Participants experience the vibration and auditory properties of sound to achieve a relaxed state. Headphones are recommended but not necessary.

Fourth Wednesday | 6:00 – 7:30 p.m.

Grief Support Events

RSVP is required for all events.

RSVP: 615-963-4732 or griefsupport@alivehospice.org

RSVP online: AliveHospice.org/events

Grief 101 (Virtual)

This introductory class answers questions on grief, provides tools, and introduces grief services offered by Alive.

Daytime: First and Third Wednesday | 1:00 – 2:00 p.m.

Supporting Your Grieving Child (Virtual)

How can you help a grieving child or teen when you are also broken hearted? This class provides critical information to maintain communication in the wake of loss.

Fourth Wednesday | 12:00 – 12:45 p.m. and 6:00 – 6:45 p.m.

Sewing Memories Workshop

During this very special day, participants will bring an article of clothing that belonged to their loved one. Working alongside Alive's talented volunteer seamstresses, they will create a treasured memory bear or pillow from the clothing provided while sharing stories and finding hope in grief. All ages are welcome. Refreshments will be served. Due to high demand for this workshop, space is extremely limited. Participants are encouraged to register early to confirm your reservation.

Saturday, July 24, 2021 | 9:30 a.m. – 12:30 p.m.

Camp Forget-Me-Not Registration is Open!

Join other kids who have experienced the death of a special person while enjoying the fun of camp! Campers will enjoy a zipline, lake swimming, water slides, sports, games, and more! Camp will be infused with opportunities to remember your special person and explore ways to cope with grief. *Free transportation will be provided to campers in the Murfreesboro area.*

Saturday, August 21 – Sunday, August 22, 2021

YMCA Camp Widjiwagan | Ages 8-17

Visit alivehospice.org/camps to learn more and apply.

Private Creative Arts Memorials

Bring family and friends or work solo to create a memorial with our supplies and support from a grief counselor. \$45 for a two-hour room reservation.

Questions concerning any of our grief support groups: 615-963-4732 or griefsupport@alivehospice.org.

For complete event information, visit: AliveHospice.org/events

 Follow us on Facebook @AliveHospice | AliveHospice.org | 615-327-1085 Alive is a 501(c)(3) charitable nonprofit. Alive is a trademark of Alive Hospice, Inc., and is registered in the United States Patent and Trademark Office.



Eight-Week Grief Journey Groups Forming Now!

Groups for Loss of Spouse/Partner and Loss of a Loved One

All groups launch on July 29. Groups meet for eight consecutive Thursdays and are led by professional grief counselors. Both in-person and virtual groups are available. Daytime groups meet from 1:00 - 2:30 p.m., and evening groups meet from 6:00 - 7:30 p.m.

Contact Alive Grief Support to register:

615-963-4732 or griefsupport@alivehospice.org

\$50 registration fee per participant.

Drop-In Grief Support Groups

Groups meet monthly, and participants can join at any time. FREE to attend. Please RSVP.

RSVP: 615-963-4732 or griefsupport@alivehospice.org

RSVP online: AliveHospice.org/events

Women's Grief Group (Virtual)

Support and connection for adult women who have experienced the death of someone significant.

Second Tuesday | 6:00 – 7:30 p.m.

Family Group (Virtual)

For children ages 5-17 and their guardian(s) who've experienced the death of a parent, sibling, or extended family member.

First Tuesday | 6:00 – 7:30 p.m.

COVID-19 Grief Group (Virtual)

For adults who have experienced the death of a family member or friend due to the COVID-19 pandemic.

Fourth Monday | 6:00 – 7:15 p.m.

Second Tuesday | 12:00 – 1:00 p.m.

Support for Widowed Men (Virtual)

First Monday | 6:00 – 7:30 p.m.

Survivors of Sudden Loss (Virtual)

For adults who have experienced a death through suicide, substance use, homicide, or accident.

Third Tuesday | 6:00 – 7:30 p.m.

Navigating Grief (Virtual)

For adults who've experienced the death of someone significant. All participants begin together and then join smaller, virtual breakout rooms by topic or loss-type (spouse, child, parent, etc.).

First Tuesday | 6:00 – 7:15 p.m.

Art Alive (Virtual)

A virtual art therapy group focused on loss and change.

July's project is a Wrapped Walking Stick. No art experience is necessary. (A \$5.00 fee covers the cost of materials, which are provided to participants in advance of the workshop.)

Third Wednesday | 6:00 – 8:00 p.m.

Mother's Grief Group (Virtual)

For mothers who have experienced the death of a child due to drug use.

Fourth Monday | 6:00 – 7:30 p.m.

Child Loss Group (Virtual)

For adults who've experienced the death of a child age two and up.

Third Monday | 6:00 – 7:30 p.m.

College Age Group (Virtual)

For ages 18-30 who have experienced the death of someone significant.

Third Tuesday | 7:00 – 8:00 p.m.

Pet Loss Group (Virtual)

For adults who have experienced the death of a special animal. Led by a grief counselor certified in veterinary social work.

Fourth Tuesday | 6:00 – 7:15 p.m.

Community Partner Grief Groups

To decrease costs for sister non-profits, Alive allows support organizations to hold groups at our locations free of charge. We encourage you to attend as they fit your needs.

Modern Widows Club (Nashville Chapter)

Second Tuesday of the month at Alive's Franklin location.

For more information or to register:

e-mail: nashville@modernwidowsclub.org

or visit: modernwidowsclub.com

Sharing of Middle Tennessee

For parents who have experienced miscarriage, stillbirth, or early infant loss.

Second Thursday of the month at Alive's Nashville location.

For more information or to register: sharingmiddletn.org

For complete event information, visit: AliveHospice.org/events

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