



## THIS MONTH AT ALIVE

# September

### Fundraising Events

**Tickets:** [AliveHospice.org/Bluebird](https://AliveHospice.org/Bluebird)

**Merchandise:** [AliveHospice.org/Shop](https://AliveHospice.org/Shop)

#### Alive & The Bluebird

Alive's annual fundraiser with The Bluebird Cafe is now taking place all year long! All proceeds support patients at the end of life and their loved ones.

### Mindfulness and Relaxation

**Sign-up online:** [AliveHospice.org/events](https://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](mailto:griefsupport@alivehospice.org)

**RSVP online:** [AliveHospice.org/events](https://AliveHospice.org/events)

#### 10 Essentials Grief Hike

This hike is for adults (18+) who have experienced the death of someone significant. During the hike, you will be introduced to the "Ten Essentials," created by Alive's Grief Counselor, Dianne Castellano. The "Ten Essentials" draws connections between tools hikers typically use to be prepared, and tools that assist with a healthy grief process.

**When:** Saturday, September 25, 2021 | 10:00 a.m. – 12:00 p.m.

**Location:** Longhunter State Park

#### Art Alive (Virtual)

An expressive arts group focused on loss and change.

No art experience is necessary. (A \$5.00 fee covers the cost of materials, which are provided to participants in advance of the workshop.)

**September Project:** Hidden Story Box

Third Wednesday | 6:00 – 8:00 p.m.

#### Remembrance Day Series: Grandparent's Day

For adults and children, this special event will allow you to create a one-of-a-kind stepping stone decorated to honor your grandparent. Bring your own treasures that remind you of your grandparent or use our glass and gem supply to create a one-of-a-kind garden memorial. All ages and abilities welcome.

**In accordance with current CDC guidelines, guests will remain masked and participants will be socially distanced. Capacity is limited, register soon!**

**When:** Sunday, September 12, 2021 | 2:00 – 4:00 p.m.

**Location:** Offered at our Nashville and Franklin locations.

*A suggested donation of \$5/person to cover the cost of materials is appreciated.*

#### 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.

#### Family Retreat Registration is Open!

Alive's Family Retreat is open to families with children under the age of 18. During this special event, families come together to play, remember, share, and connect. The day will include a variety of recreational activities, games, arts and crafts, woodworking, and memory making that will strengthen your family bond in the midst of grief.

**Date:** October 16, 2021

**More information:** 615-963-4732 or [griefsupport@alivehospice.org](mailto:griefsupport@alivehospice.org)

*\$50 registration fee per family, scholarships available for those in need.*

**Questions concerning any of our grief support groups:** 615-963-4732 or [griefsupport@alivehospice.org](mailto:griefsupport@alivehospice.org).

For complete event information, visit: [AliveHospice.org/events](https://AliveHospice.org/events)

 Follow us on Facebook @AliveHospice | [AliveHospice.org](https://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.*



### 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 | 1:00 – 1:45 p.m.

### 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.

## Eight-Week Grief Journey Groups Forming Now!

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

All groups launch on September 30. 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](mailto:griefsupport@alivehospice.org)

\$50 registration fee per participant.

### Loss of Spouse/Partner, Franklin Groups

Starting September 9. Groups meet for eight consecutive Thursdays and are led by professional grief counselors. These groups will meet in-person. Daytime group meets from 1:00 - 2:30 p.m., and evening group meets from 6:00 - 7:30 p.m.

**Contact Alive Grief Support to register:**

615-963-4732 or [griefsupport@alivehospice.org](mailto: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](mailto:griefsupport@alivehospice.org)

**RSVP online:** [AliveHospice.org/events](https://www.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.

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.

### 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](mailto:nashville@modernwidowsclub.org)

or visit: [modernwidowsclub.com](https://www.modernwidowsclub.com)

**Questions concerning any of our grief support groups:** 615-963-4732 or [griefsupport@alivehospice.org](mailto:griefsupport@alivehospice.org).

For complete event information, visit: [AliveHospice.org/events](https://www.alivehospice.org/events)

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