



THIS MONTH AT ALIVE

October

Fundraising Events

Tickets: AliveHospice.org/Bluebird

Merchandise: 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

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.

Remembrance Workshops

RSVP is required for all workshops.

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

RSVP online: AliveHospice.org/events

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.)

October Project: Wire Wrapped Bird Nest

Third Wednesday | 6:00 – 8:00 p.m.

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

Day of the Dead Altar Building Workshop (*Virtual*)

Learn about this Day of the Dead Tradition and walk through the simple steps to create a cigar box "altar" to celebrate a loved one who has died. Altars typically include photos of the loved one/s, as well as objects representing their favorite things in life: food, drinks, books, flowers, etc. Free cigar boxes will be provided by Alive to participants in Middle Tennessee to pick-up at any of our 5 locations, or you may also use your own structure.

When: Wednesday, October 27, 2021 | 6:00 – 8:00 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.

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

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

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

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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 (Virtual)

All groups launch on September 30. Groups meet for eight consecutive Thursdays and are led by professional grief counselors. 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.

Grief Recovery Group (Virtual)

The Grief Recovery Method Support Group® is open to adults who have encountered any type of loss and uses an action based approach to facing grief.

Thursdays, 6:00-7:30 p.m. (8-weeks beginning September 30)

Good Mourning Group (Virtual)

Start your day with support from others who understand what you're going through. This group provides casual connection and practical tips to get you through the week. Keep your slippers on, grab your favorite cup of coffee, and join us online!

Wednesdays, 8:30-9:30 a.m. (8-weeks beginning September 30)

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

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.

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.

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.

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

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

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

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