



THIS MONTH AT ALIVE

November

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.)

November Project: Dark and Light

Third Wednesday | 6:00 – 8:00 p.m.

Finding Lost Words (Virtual)

The goal of this workshop is not to create a perfect poem but to cope with loss through self-expression. Guided by a facilitator, participants will engage in writing activities that culminate in creating a poem based on a provided prompt. You need not consider yourself a "real writer" to join us. This is not about critique; it's about community.

First Saturday of every month 10:00 – 11:00 a.m.

Grief Support Events

RSVP is required for all events.

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

RSVP online: 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.

Saturday, November 13, 2021 | 11:00 a.m. – 1:00 p.m.

Location: Longhunter State Park

Hope for the Holidays

If you are facing grief at the "most wonderful time of the year," or would like to support someone who is, please join us for this seminar while we find Hope for the Holidays. The holiday focus on togetherness, gratitude, and celebration can present a challenge for those of us who have lost someone important and make the space they left empty all the more real.

Wednesday, November 17 | 12:00 – 1:00 p.m. and 6:00 – 7:00 p.m.

Wednesday, December 1 | 12:00 – 1:00 p.m. and 6:00 – 7:00 p.m.

Grief 101 (Virtual)

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

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

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.*



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.

Five-Week Holiday Series Forming Now!

Life After Loss- Surviving the Holidays (Virtual)

This support group is for men and women seeking practical coping strategies during the holidays after the death of a loved one. Topics to be discussed include dealing with hard-hitting emotions, what to do about traditions, how to survive the social events, and where to find comfort and strength.

Contact Alive Grief Support to register:

615-963-4732 or griefsupport@alivehospice.org

Thursdays, 6:00 – 7:30 p.m. (Group beginning December 2)

Drop-In Grief Support Groups

Participants can join at any time. FREE to attend. Please RSVP.

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

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

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.

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](https://www.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](https://www.alivehospice.org/events)

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