



THIS MONTH AT ALIVE

December 2021

Fundraising Events

Tickets: [AliveHospice.org/Bluebird](https://www.alivehospice.org/bluebird)

Merchandise: [AliveHospice.org/Shop](https://www.alivehospice.org/shop)

Alive & The Bluebird

Fundraisers with The Bluebird Cafe take 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://www.alivehospice.org/events)

Weekly Guided Meditation (Virtual)

Need more peace in your day? Join us on Zoom (cameras off) for a relaxing guided meditation led by volunteer, Ben Glover.

Every Thursday | 1:00 p.m.

Sound Bath Meditation (Virtual)

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](https://www.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.)

December Project: Unique Textile Path

Third Wednesday | 6:00 – 8:00 p.m.

Finding Lost Words (Virtual)

This guided poem writing workshop is for anyone coping with loss. 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](https://www.alivehospice.org/events)

The Longest Night Service

This is a winter solstice service for people of all faiths. We will explore the “long night” of grief and find hope for what lies ahead. Led by Alive Chaplains and Grief Counselors, we will explore loss from a spiritual perspective, memorialize loved ones, and be uplifted by poetry, literature and music.

Tuesday, December 21, 2021 | 6:00 – 7:00 p.m.

Hope for the Holidays

If you are facing grief at the “most wonderful time of the year,” or supporting someone who is, join this seminar as 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, 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.

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.

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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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!

Contact Alive Grief Support to register:
615-963-4732 or griefsupport@alivehospice.org

Life After Loss – Surviving the Holidays (Virtual)

This support group provides practical coping strategies for the holidays after the death of a loved one. Topics include dealing with hard-hitting emotions, what to do about traditions, how to survive social events, and where to find comfort and strength. \$30 registration fee per participant.

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

Eight-Week Grief Journey Groups Forming Now!

Contact Alive Grief Support to register:
615-963-4732 or griefsupport@alivehospice.org

\$50 registration fee per participant.

Groups for Loss of Spouse/Partner and Loss of a Loved One (Virtual)

Day and evening groups launch on **January 13** and meet for eight consecutive Thursdays at 1:00 – 2:30 p.m. or 6:00 – 7:30 p.m. They are led by professional grief counselors.

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 January 13)

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 ages 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.

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