



Community Education

Alive's Community Outreach programs include education and hands-on interactive experiences that are sure to build connection, create moving conversations and introduce your audience to the end-of-life care that Alive provides.

Advance Care Planning

Who would have thought a simple form and conversation might be the most meaningful gift you could give your loved ones and yourself? During this interactive workshop, our facilitators will walk you through filling out advance care directive forms and explore how to talk about these topics with loved ones. **(Offered virtually or in-person)**

Butterfly House Project

A creative community activity that gives back. Your group will express their creativity by painting Alive's butterfly houses. These houses represent the space in our hearts we create for those who have died. Each custom house is then sold to benefit Alive. All project materials will be provided. **(Offered in-person)**

Coping for Caregivers

Caring for a significantly ill loved one can feel like a lonely journey at times. Many studies have shown that caregiving increases stress and anxiety while diminishing physical and emotional health. This discussion pinpoints strategies that combat the strain that comes with such weighty responsibilities. Participants receive resources for self-care and take a breather from daily demands. **(Offered virtually or in-person)**

Custom Memorial/ Remembrance Events

If your community has experienced a loss, Alive's team will partner with you to facilitate a candlelight vigil, or memorial service. Each event is tailored specifically to your audience and offers a powerful ritual of remembrance that strengthens your community. **(Offered in-person)**

**Thanks to the generosity of our donors, this program is provided free of charge. A suggested donation of \$50 covers the cost of materials/supplies.*

Grief in the Workplace

This workshop equips attendees with practical tools and tips on how to better support grieving coworkers and employees in the work environment while highlighting a variety of local and online grief resources. **(Offered in-person)**

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Grief Support 101

In a fast-paced, quick-fix world, how do you truly show up for someone who is hurting? What do the bereaved really need? This interactive presentation explores the principles of companioning and highlights a new spin on the way we view grief support. **(Offered virtually or in-person)**

Hospice 101

This informative presentation provides an overview of Hospice Care. Participants learn the difference between hospice and palliative care, basic eligibility requirements for hospice, and clarify common misconceptions about hospice. Additionally, they will be introduced to the truly unique services offered to patients and families at Alive. **(Offered virtually or in-person)**

Legacy Workshops

What do you want to be remembered for? These interactive projects facilitate great conversation around one's life, legacy, and stories that unify us all. Using a variety of expressive arts mediums, Alive's facilitators will help you create a tangible vision of your legacy that can become a cherished gift to you and your loved ones. **(Offered in-person)**

Loss Through the Eyes of a Child

This workshop provides information on the occurrence and outcome of childhood bereavement in Middle Tennessee. As one of five national organizations designated as a Childhood Bereavement Changemaker in 2020, Alive's grief team will share creative activities, digital resources, and books that can help you connect with a young griever. **(Offered virtually and in-person)**

Speaking Grief Documentary Screening

A new and engaging 50-minute movie that sparks conversation about how we all experience and talk about grief. The screening is paired with a guided discussion or group art activity such as creating a lotus luminary. **(Offered virtually and in-person)**



For more information or to schedule an event:
community@alivehospice.org | 615-679-4328

Alive's Mission: We provide loving care to people with life-threatening illnesses, support to their families, and service to the community in a spirit of enriching lives. Alivehospice.org

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