



THIS MONTH AT ALIVE

May 2022

Fundraising Events

Alive's Butterfly Release

Join us as we celebrate the change in season while remembering our loved ones.

Murfreesboro: June 11 and **Nashville:** June 18

Purchase butterflies: AliveHospice.org/Butterfly

Mindfulness and Relaxation

Sign-up online: 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.

SoulCollage® (Virtual)

SoulCollage® is an expressive arts process that uses the power of images to encourage self-discovery. Your guide through this process is Alive's grief counselor and trained SoulCollage® Facilitator Terri Kuberski. No experience necessary.

Second Wednesday | 6:00 – 7:30 p.m.

HealthRHYTHMS® Drumming Workshop

For adults (18+) who have experienced a loss. Facilitated by Alive's grief counselor, Terri Kuberski, a Remo endorsed HealthRHYTHMS® facilitator with over 15 years of experience using therapeutic drumming as a tool to aid in the healing process. Drums provided.

First Wednesday | 6:00 – 7:30 p.m.

Grief Education

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.

Anticipatory Grief Support

Caregiver Connection (Virtual)

Participants support and encourage one another, receive resources for self-care, and take a breather from daily demands.

Second Monday | 6:00 – 7:30 p.m.

Coping with Cancer (Virtual)

For adults dealing with a cancer diagnosis within the last year. Find hope, encouragement, and support from others who have similar cancer experiences.

Third Tuesday | 11:30 a.m. – 12:30 p.m.

Grief Support Events

RSVP is required for all events.

Remembrance Day Series: Mother's Day Memorial Chimes

Create a one-of-a-kind wind chime decorated with found objects and mementos that remind you of your mother. All ages and abilities welcome. A suggested donation of \$5/person to cover the cost of materials is appreciated.

Sunday, May 7 | 10:00 a.m. – 12:00 p.m.

Labyrinth Walk

Walking a labyrinth is an age-old contemplative practice that provides time to re-center and focus. The evening will conclude with a remembrance ceremony to honor the lives of significant people in our lives.

Saturday, May 14 | 10:00 a.m. – 12:00 p.m.

Location: Glendale United Methodist
900 Glendale Ln, Nashville, TN 37204

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.

Friday, May 13 | 10:00 a.m. – 12:00 p.m.

Saturday, May 21 | 9:00 a.m. – 12:00 p.m.

Art Alive (Virtual)

An expressive arts group focused on loss and change. No art experience is necessary. (A \$5 fee covers materials, which are provided to participants in advance of the workshop.)

May Project: Neurographic Art
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.

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

Grief Support group and event RSVP/registration: AliveHospice.org/calendar | griefsupport@alivehospice.org | 615-963-4732

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.



Therapy Group for Complex Grief (Virtual)

For adults who are experiencing distressing memories and present triggers that complicate bereavement utilizing the Eye Movement Desensitization and Reprocessing (EMDR) Group Traumatic Episode Protocol (G-TEP). Pre-screening required.

First Monday | 6:00 – 7:30 p.m.

Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch on **May 19**. Groups meet for eight consecutive Thursdays, and are led by licensed Grief Counselors.

\$80 per participant, scholarships available.

**Final group meeting times and locations to be determined based on interest.*

Groups for Loss of Spouse/Partner

Virtual or In-person (Nashville):
Thursdays | 1:00 – 2:30 p.m. OR 6:00 – 7:30 p.m.

Loss of a Loved One

Virtual or In-person (Nashville):
Thursdays 1:00 – 2:30 p.m. OR 6:00 – 7:30 p.m.

Grief Recovery Group

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.

In-person (Franklin): Thursdays | 6:00–7:30 p.m.

Cancer Loss Support Group (Virtual)

For adults who have experienced the death of someone significant due to cancer in the last year.

Thursdays | 1:00–2:30 p.m.

Weekly Drop-In Grief Support Groups

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

Walking Through Grief

Join Alive grief counselors and other grieving community members for a weekly walk at Centennial Park.

Tuesdays | 10:00 – 11:00 a.m. | Centennial Park

Serenity In Grief (Virtual)

A weekly virtual meeting for adults who are focused on maintaining sobriety in the midst of loss. Each meeting is opened with a reading, followed by a time of optional sharing, and closes with the Serenity Prayer.

To attend Serenity In Grief group

Visit AliveHospice.Zoom.US and click “Join”

Wednesdays | 9:00 – 9:30 a.m.

Meeting ID: 956 9190 2440 **Passcode:** AH

Wednesdays | 12:00 – 12:30 p.m.

Meeting ID: 965 8668 6667 **Passcode:** AH

Good Mourning Group (Virtual)

Start your day with support from others who understand what you’re going through.

Wednesdays | 9:30 – 10:30 a.m.

To attend Good Mourning group

Visit AliveHospice.Zoom.US and click “Join”

Meeting ID: 980 4199 4226 **Passcode:** AH

Monthly Drop-In Grief Support Groups

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

Support for Widowed Men (Virtual)

Support and connection for adult men who have experienced the death of a spouse or partner.

First 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.

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.

Survivors of Sudden Loss (Virtual)

For adults who have experienced a death through suicide, substance use, homicide, or accident.

Fourth Monday | 6:00 – 7:30 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.

Navigating Grief (Virtual)

For adults who’ve experienced the death of someone significant.

Third Tuesday | 6:00 – 7:30 p.m.

College Age and Young Adult 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 – 7:30 p.m.

Children and Teens Grief Support

Youth Grief Support Groups

Grief support groups for youth ages 3–17, dinner included!

Youth and families express their thoughts and feelings with others who have also experienced the death of an important person. Sessions include grief education, games, and more

Tuesdays | 6:00 – 7:30 p.m. June 7 – July 26

Alive’s Grief Center: 1721 Patterson St. Nashville, TN 37203

Camp Forget-Me-Not Registration is Open!

Join other kids who have experienced the death of a special person while enjoying the fun of camp! Camp will be infused with opportunities to remember your special person and explore ways to cope with grief.

Saturday, August 13 – Sunday, August 14, 2022

YMCA Camp Widjiwagan | Ages 8–17

AliveHospice.org/Camps to learn more and apply

Grief Support group and event RSVP/registration: AliveHospice.org/calendar | griefsupport@alivehospice.org | 615-963-4732

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