

At one time or another, we must all face the loss of a loved one.  
***But no one has to do it alone.***

Alive's Grief Center offers a place of comfort. Support is available to caregivers and families coping with a terminal illness as well as children and adults who are bereaved.

## Supporting the Community

*Thanks to generous donors, Alive can provide these services at an affordable rate to the entire community, not just those with a loved one in our care. **No one is turned away for lack of funds.***

## contact us

[AliveHospice.org](http://AliveHospice.org) | 615-963-4732

### Alive serves 12 counties in Middle Tennessee:

Bedford, Cannon, Cheatham, Coffee, Davidson,  
DeKalb, Dickson, Robertson, Rutherford, Sumner,  
Williamson, Wilson.

### Volunteer opportunities available.

[AliveHospice.org/volunteer](http://AliveHospice.org/volunteer)



hospice | palliative | grief

*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.*



Accredited by the Joint Commission  
and has its Gold Seal of Approval

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.

Grief Support

Alive   
grief support



## Our Grief Counselors

Our expert grief counselors provide individual counseling, host expressive arts workshops, teach wellness practices, and facilitate support groups.

## Workshops and Support Groups

Throughout the year we offer in-person and virtual workshops and support groups. Whether it's expressive arts, mindfulness, or connecting with others who have experienced a similar loss, we have something for you.

**Register online:** [AliveHospice.org/Calendar](https://AliveHospice.org/Calendar)

## Families and Children

We have special programs for families and kids ages four and up, including an annual grief camp for kids and teens.

Alive was designated as one of six Childhood Bereavement Changemakers, in an initiative developed by Judi's House/JAG Institute (JH/JAG) in partnership with the New York Life Foundation.

## Grief Education

We provide education by request to other mental health professionals, schools, and community organizations.

## Individual Counseling

Alive Grief Support offers individual, family, and couples counseling.

## Remembrance Programs

Love lives on. An important part of healing from loss is honoring our memories and acknowledging that our relationships with loved ones continue long after they have died. Alive offers memorial spaces on its campuses and hosts remembrance events that bring us together in the healing power of community.



Families participate in expressive arts workshops building memorials for loved ones.



Contact us at **615-963-4732** or email [griefsupport@alivehospice.org](mailto:griefsupport@alivehospice.org) to find out how we can help.

**At-home resources:** [AliveHospice.org/GriefResources](https://AliveHospice.org/GriefResources)