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.**
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

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.

Contact us at 615-963-4732 or email griefsupport@alivehospice.org to find out how we can help.

At-home resources: AliveHospice.org/GriefResources