



THIS MONTH AT ALIVE

August 2022

RSVP/registration and full event info: [AliveHospice.org/Calendar](https://AliveHospice.org/Calendar)

Grief support event/group questions: [GriefSupport@AliveHospice.org](mailto:GriefSupport@AliveHospice.org) | 615-963-4732

## Mindfulness and Relaxation

Sign-up online: [AliveHospice.org/events](https://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. Drums provided.

First Wednesday | 6:00 – 7:30 p.m.

Location: St Timothy Lutheran Church, Hendersonville

## 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.

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

## Grief Support Events

RSVP is required for all events.

### Art Alive (Virtual)

An expressive arts group focused on loss and change. No art experience is necessary.

August Project: Paper Weave of Words

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 each month | 10:00 – 11:00 a.m.

Third Wednesday of each month | 6:00 – 7:30 p.m.

### Labyrinth Walk

Walking a labyrinth is an age-old contemplative practice that provides time to re-center. Labyrinth is not a maze, it offers significant symbolism regarding the end of life and grief process. The walk will conclude with a remembrance ceremony.

Saturday, August 27 | 10:00 a.m. – 12:00 p.m.

Glendale United Methodist 900 Glendale Ln, Nashville

### 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 **September 29**. 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.

### 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.**

### Good Mourning Group (Zoom meeting info below)

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

Wednesdays | 9:30 – 10:30 a.m.

## 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!**

Activities that allow children and teens to learn to cope with loss. Sessions include grief education, games and more.

Tuesdays | 6:00 – 7:30 p.m. September 13 – November 1

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

## Family Grief Support

### Family Retreat Registration is Open!

Alive's Family Retreat is open to families with children under the age of 18. During this special event, families come together to play, remember, share, and connect. The day will include a variety of recreational activities, games, arts and crafts, woodworking, and memory making that will strengthen your family bond in the midst of grief.

*\$50 registration fee per family, scholarships available for those in need.*

Saturday, October 8

**More information:** [GriefSupport@AliveHospice.org](mailto:GriefSupport@AliveHospice.org)



Info for Zoom Meetings: Scan QR code or visit [AliveHospice.org/ZoomInfo](https://www.alivehospice.org/ZoomInfo)