



THIS MONTH AT ALIVE

October 2022

RSVP/registration and full event info: AliveHospice.org/Calendar

Grief support event/group questions: GriefSupport@AliveHospice.org | 615-963-4732

Fundraising Events

Alive & The Bluebird at Greendoor Gourmet

Featuring Charles Esten and Friends!

Thursday, November 17

Tickets on sale soon: AliveHospice.org/Bluebird

Fundraisers with The Bluebird Cafe take place all year long! All proceeds support patients at the end of life and their loved ones.

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. 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.

Día de los Muertos (Day of the Dead)

Altar Building Info Session (Virtual)

Learn about el Día de los Muertos tradition and how to construct an altar that can be displayed at our celebration event on October 29.

Wednesday, October 5, 2022 | 6 – 7 p.m.

Día de Los Muertos Celebration and Art Exhibit

This special community event will include a memorial altar display, food, live music, a fire pit, and art therapy activities for kids and adults to celebrate the lives of our loved ones.

Saturday, October 29 at East Nashville's Center 615

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

Art Alive (Virtual)

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

October Project: Mask Up

Third Wednesday | 6:00 – 8:00 p.m.

Finding Lost Words

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. (virtual)
Third Wednesday of each month | 6:00 – 7:00 p.m. (in-person)

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.

Five-Week Holiday Series Forming Now!

Life After Loss – Surviving the Holidays (Virtual)

This support group is for men and women seeking practical coping strategies during the holidays after the death of a loved one. Topics to be discussed include dealing with hard hitting emotions, what to do about traditions, how to survive the social events, and where to find comfort and strength.

\$80 per participant, scholarships available.

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

Thursdays | 6:00 – 7:30 p.m. (Group beginning December 1)

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.

Walking Through Grief

Join Alive grief counselors and other grieving community members for a weekly walk at the Brentwood Library walking path. Group will meet at the far south end of the parking lot, look for Alive signage.

Tuesdays | 10:00 – 11:00 a.m. | Brentwood Library Walking Path

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. February 7 – April 4

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



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