

THIS MONTH AT ALIVE

November 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

## Fundraising Events

*Alive & The Bluebird at Greendoor Gourmet*

Featuring Charles Esten and Friends!

Thursday, November 17

Tickets on sale soon: [AliveHospice.org/Bluebird](https://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](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.

*Hope for the Holidays (Virtual)*

The Holiday Season is upon us once again. No matter your religious or family traditions, the end of the year brings a focus on togetherness, gratitude, and celebration. That can present a difficult challenge for those of us who have lost someone important, it can make the space they left empty all the more real. If you are facing grief at the "most wonderful time of the year," or would like to support to someone who is, please join us for this seminar while we find Hope for the Holidays.

Wed., November 16 | 12:00 – 1:00 p.m. and 6:00 – 7:00 p.m.

Wed., December 7 | 12:00 – 1:00 p.m. and 6:00 – 7:00 p.m.

*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.

Saturday, November 5 | 9:00 a.m. – 12:00 p.m.

Friday, November 18 | 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.

**November Project:** Gratitude Turkey

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)

### 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



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