



THIS MONTH AT ALIVE

February 2023

**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 The Bluebird Cafe**

Series kick off runs through Feb 4.

**Information:** [AliveHospice.org/Bluebird](https://AliveHospice.org/Bluebird)

**Tickets on sale soon:** [BluebirdCafe.com](https://BluebirdCafe.com)

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.

## 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.**

**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.

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

## Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch on **February 9**. 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.

## 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 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.

*Group will not meet in the event of rain, snow or if the temperature is less than 40 degrees.*

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 have 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 have experienced the death of someone significant.

Third Tuesday | 6:00 – 7:30 p.m.

## Children and Teens Grief Support

### Youth Grief Support Groups

**Grief support groups for 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 14 – April 11

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

## Culture and Mourning: *FREE* community education from Alive

Alive's *Culture and Mourning* series explores African American Christian traditions with Mt. Zion.

*Join us for a panel discussion, live music and refreshments!*

**This free, educational series explores how different cultures and faiths support the universal experiences of death and mourning in their own unique ways. In a world that would rather gloss over grief, we all need time and space for healing and its power to change lives.**

In this session, we are proud to partner with Mt. Zion Baptist Church, one of Nashville's oldest churches, to look at practices and rituals related to death and mourning in the African American Christian tradition.

### Save the Date! (*in person and virtual via Zoom*)

**When:** Saturday, March 4 | 10:00 – 12:00 p.m.

**Location:** Mt. Zion Baptist Church, 7594 Old Hickory Blvd, White's Creek, TN 37189

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



Scan to register for  
this free event.



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