



THIS MONTH AT ALIVE

April 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

## Mindfulness and Relaxation

### 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.

## Grief Support Events

RSVP is required for all events.

### Finding Lost Words (*Hybrid: virtual/in-person*)

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.

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

### Supporting Your Grieving Child (*Virtual*)

Alive's Grief Support team will provide education about how grief may impact children across developmental spans and will speak to how the adults in their life can come alongside them during this challenging season. You will also have the opportunity to participate in a Q & A following the presentation.

Thursday, April 6 | 12:00 – 1:00 p.m. and 6:30 – 7:30 p.m.

### Labyrinth Walk

Walking a labyrinth is an age-old contemplative practice that provides time to re-center and focus. The evening will conclude with a remembrance ceremony to honor the lives of significant people in our lives.

Saturday, April 22 | 10:00 a.m. – 11:30 am

**Cost:** \$5

**Location:** Glendale United Methodist  
900 Glendale Ln, Nashville, TN 37204

## Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch on **April 20**. 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

Nashville (Virtual or In-person):

Thursdays | 1:00 – 2:30 p.m. **OR** 6:00 – 7:30 p.m.

Spring Hill Public Library (In-person):

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.

### Walking Through Grief

Join Alive grief counselors and grieving community members for a weekly walk at the Brentwood Library walking path. We meet at the far south end of the parking lot. Look for Alive signage.

*We 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.

### 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

### Camp Forget-Me-Not Registration is Open!

Join other kids who have experienced the death of a special person while enjoying the fun of camp! Camp will be infused with opportunities to remember your special person and explore ways to cope with grief.

Saturday, August 12 – Sunday, August 13, 2023

YMCA Camp Widjiwagan | Ages 8-17

[AliveHospice.org/Camps](https://www.alivehospice.org/Camps) to learn more and apply



## Annual Butterfly Release

This year's Butterfly Release will take place **June 10 in Nashville at Green Door Gourmet** and will include memorial activities for the whole family. We are grateful to our Event Co-Chairs, Whitney Daane and Maggie Bond, for partnering with us for this event! Stay tuned for more details: [AliveHospice.org/Butterfly](https://www.alivehospice.org/Butterfly).

### Save the Date!

**When:** June 10

**Location:** Green Door Gourmet, 7007 River Rd Pike, Nashville, TN 37209

**More details soon:** [AliveHospice.org/Butterfly](https://www.alivehospice.org/Butterfly)



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