



THIS MONTH AT ALIVE

May 2023

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

Grief support event/group questions: 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

Remembrance Day Series:

Mother's Day Memorial Chimes

The Mother's Day holiday can be difficult when you are grieving. Join us at this special event and create a one-of-a-kind wind chime decorated with found objects, personal mementos, and unique tokens that remind you of your mother. All ages and abilities welcome. A suggested donation of \$5 per person to cover the cost of materials is appreciated.

Saturday, May 13 | 10:00 a.m. - 12:00 p.m.

Five-Week Summer Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch on **June 15**. Groups meet for eight consecutive Thursdays and are led by licensed Grief Counselors. \$80 per participant, scholarships are available.

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

Groups for Loss of Spouse/Partner (Virtual)

Thursdays | 1:00 - 2:30 p.m.

Loss of a Loved One (Virtual)

Thursdays | 6:00 - 7:30 p.m.

Weekly Drop-In Grief Support Groups

Participants can join at any time. **FREE to attend. RSVP Required.**

Summer Book Club (Virtual)

A weekly group that provides a casual, supportive environment in which participants will explore books with themes of loss, coping and hope. This summer's book is: *"It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand"* by Megan Devine. Book Club launches on June 21. Wednesdays | 11:00 a.m. - 12:00 p.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

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 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 – 7:00 p.m.

Children and Teens Grief Support

Creative Hearts Club

Grief support group for youth ages 8-17, dinner included!

The club is led by professional grief counselors, trained volunteers, and professional artists who utilize creative interventions such as photography, theater, music, sculpting, and creative writing to promote self-expression of grief and connecting with peers.

Tuesdays | 6:00 – 8:00 p.m. June 13 – July 18 (*Break July 4*)

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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 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.

Save the Date!

When: June 10

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

Learn more: AliveHospice.org/Butterfly



Info for Zoom Meetings: Scan QR code or visit AliveHospice.org/ZoomInfo