



THIS MONTH AT ALIVE

July 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.

Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch on **Sept 14**. 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.**

Fall 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 fall's book is: "Option B" by Sheryl Sandberg and Adam Grant. Book Club launches on Sept 13.

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

Start your day with support from others who understand what you're going through.

Wednesdays | 9:30 - 10:30 a.m.

Zoom Info: Visit AliveHospice.Zoom.US and click "Join"

Meeting ID: 980 4199 4226

Passcode: AH



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

Monthly Drop-In Grief Support Groups

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

Story Hour (Virtual)

In a fast-paced world, it can feel like our friends and family grow weary of hearing us talk about our loved ones. Yet, we know that telling stories of their life, instead of focusing on their death, can bring great comfort to the bereaved. Story Hour allows a casual and safe space for you to share stories about your loved one without judgment or time limits. We invite participants to bring a different keepsake or photograph to each session and share the story of its significance with others who have also experienced loss.

First Tuesday | 11:00 a.m. – 12:00 p.m.

Zoom Info: Visit [AliveHospice.Zoom.US](https://www.alivehospice.org/zoom) and click "Join"

Meeting ID: 823 2185 3226

Passcode: AH

Third Tuesday | 6:00 – 7:00 p.m.

Zoom Info: Visit [AliveHospice.Zoom.US](https://www.alivehospice.org/zoom) and click "Join"

Meeting ID: 838 8841 4562

Passcode: AH

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

Youth Group

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. Starting September 12

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



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