

THIS MONTH AT ALIVE

December 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

## Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch in early 2024. 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 in Nashville)

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

### Loss of a Loved One (Virtual or In-person in Nashville)

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

## 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.

RSVP: 615-963-4732 or [griefsupport@alivehospice.org](mailto:griefsupport@alivehospice.org)

RSVP online: [AliveHospice.org/events](https://AliveHospice.org/events)

### Grief 101 (Virtual)

This introductory group session answers questions on grief, provides tools and introduces grief services offered by Alive.

Second and Fourth Tuesday | 1:00 - 2:00 p.m.

### Preparing for Goodbye:

#### Coping with grief before loss (Virtual)

For adults who are facing the terminal illness of a loved one. This class provides information on understanding and coping with the experience of anticipatory grief and finding meaning in the midst of expected loss.

Third Tuesday of the month 1:00 - 2:00 p.m.

### Hope for the Holidays (In-Person in Nashville)

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 and 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.

Wednesday, December 6

12:00 - 1:00 p.m. and 6:00 - 7:00 p.m.

### The Longest Night Service (Virtual)

This is a winter solstice service for people of all faiths. Led by Alive Chaplains and Grief Counselors, we will explore loss from a spiritual perspective.

Thursday, December 21 | 6:00 - 7:00 p.m.



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

## Weekly Drop-In Grief Support Groups

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

### Winter 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 winter's book is: *Finding Meaning*, by David Kessler.

Wednesdays | 11:00 a.m. – 12:00 p.m.

More information: [GriefSupport@AliveHospice.org](mailto:GriefSupport@AliveHospice.org)

### 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](https://www.alivehospice.org/zoom) and click "Join"  
**Meeting ID:** 980 4199 4226  
**Passcode:** AH

## Monthly Drop-In Grief Support Groups

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

### 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.

### 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.

First Saturday of each month | 10:00 – 11:00 a.m.

### 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 provides a casual, safe space 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.

Third 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:** 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 4-17, 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.

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

**More information:** [GriefSupport@AliveHospice.org](mailto:GriefSupport@AliveHospice.org)

## Family Grief Support

### Tinsel and Tears

This holiday workshop is designed specifically for grieving children and adults of all ages. The night is filled with opportunities to remember loved ones while connecting with others who have experienced loss. Participants will be creating unique memory items. Alive's grief counselors will provide tips and strategies for incorporating your loved one into holiday traditions.

Thursday, December 7, 2023 | 6:00 – 8:00 p.m.



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