

THIS MONTH AT ALIVE

November 2023

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

Grief support event/group questions: GriefSupport@AliveHospice.org | 615-963-4732

Five-Week Holiday Series Forming Now!

Life After Loss – Surviving the Holidays
(*In-person in Nashville, Hendersonville, and Franklin*)

This support group is for men and women seeking practical coping strategies during the holidays after the death of a loved one. Topics to be discussed include dealing with hard hitting emotions, what to do about traditions, how to survive the social events, and where to find comfort and strength.

\$50 per participant, scholarships available.

Group beginning November 30

Thursdays | 1:00 – 2:30 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

RSVP online: 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

(*Virtual and 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, November 15

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

Wednesday, December 6

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

Supporting a Grieving Child (Virtual)

Alive’s Grief Support team will provide education about how grief may impact children through 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 that will follow the presentation.

Tuesday, November 7 | 12:00 – 1:00 pm and 6:00 – 7:00 p.m.



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

Weekly Drop-In Grief Support Groups

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

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

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

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

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)