

THIS MONTH AT ALIVE

January 2024

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

Grief support event/group questions: 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

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.

First and Third 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.

Second and Fourth Tuesday: 1:00 – 2:00 p.m.

Weekly Drop-In Grief Support Groups

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

Winter Book Club (Virtual)

Book Club provides a casual, supportive environment in which participants will explore books with themes of loss, coping and hope. Each month we will explore a new book. This month's book is: *Finding Meaning*, by David Kessler.

Fourth Wednesday | 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 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.

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 | 10:00 – 11:00 a.m.

Griever's Toolbox (Virtual)

For adults seeking practical tips and tools for coping with grief. This group covers a different topic each month to equip individuals with strategies that they can directly implement as they adjust to life after loss.

Fourth Tuesday | 6:00 – 7:00 p.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

Substance Loss Group (Virtual)

For adults who have experienced a death through substance use.

Third Monday | 6:00 – 7:30 p.m.

Suicide Loss Group (Virtual)

For adults who have experienced a death through suicide.

Fourth Monday | 6:00 – 7:30 p.m.

Support for Widowed Men (Virtual)

Support and connection for adult men who have experienced the death of a spouse or partner.

Second 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.

Young Adult Group (Virtual)

For ages 18–30 who have experienced the death of someone significant.

Third Tuesday | 7:00 – 8:00 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



Alive & THE BLUEBIRD Concert Series Benefiting Alive

Fundraising Event

Alive & The Bluebird at *The Bluebird Cafe*

All month long in January.

Series Information: [AliveHospice.org/Bluebird](https://www.alivehospice.org/bluebird)

Ticket Information: [BluebirdCafe.com](https://www.bluebirdcafe.com)

Alive & The Bluebird is back for its 31st year! Our year long series kicks off with a full month of shows at The Bluebird Cafe and continues throughout the year with additional events at other Middle Tennessee locations. All proceeds support patients at the end of life and their loved ones.



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