

THIS MONTH AT ALIVE

February 2024

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

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

Community Education

Lunch & Learn: *The Heart of Hospice*

Hear Dr. David McRay, Alive's CMO, share his personal hospice care experience. Explore Alive's unique approach, the meaningful impact, and the benefits of early care.

Cost: \$5

RSVP: LClark@AliveHospice.org

Wednesday, February 7 | 12:00 – 1:15 p.m.

Nashville: 1718 Patterson Street

Wednesday, February 28 | 12:00 – 1:15 p.m.

Murfreesboro: 1629 Williams Drive

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 April 4. 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.

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.

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.

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 – 7:00 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 – 7:00 p.m.

Substance Loss Group (Virtual)

For adults who have experienced a death through substance use.

Third Monday | 6:00 – 7:00 p.m.

Child Loss Group (Virtual)

For adults who have experienced the death of a child ages two and up.

Third Monday | 6:00 – 7:00 p.m.

Navigating Grief (Virtual)

For adults who have experienced the death of someone significant.

Third 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 | 1:00 – 2:00 p.m.

Zoom Info: Visit [AliveHospice.Zoom.US](https://www.alivehospice.org/zoom) and click “Join”
Meeting ID: 838 8841 4562
Passcode: AH

Young Adult Group (Virtual)

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

Third Tuesday | 7:00 – 8:00 p.m.

Suicide Loss Group (Virtual)

For adults who have experienced a death through suicide.

Fourth Monday | 6:00 – 7:00 p.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.

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: *Book Club Grief is Love* by Marisa Renee Lee.

Fourth Wednesday | 11:00 a.m. – 12:00 p.m.

More information: GriefSupport@AliveHospice.org

Supporting Your Grieving Child (Virtual)

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

Fourth Thursday | 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.

Starting January 30 – March 26 (No group March 12)

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

More information: GriefSupport@AliveHospice.org



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