



THIS MONTH AT ALIVE

March 2024

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 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.

Supporting A 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.

Weekly Drop-In Grief Support Groups

Participants can join at any time. FREE to attend.

RSVP Required.

Good Mourning Group (Virtual)

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

Wednesdays | 9:30 – 10:30 a.m.

Walking Through Grief

Join Alive grief counselors and grieving community members for a weekly walk at the Brentwood Library walking path. Group will meet at the far south end of the parking lot. Look for Alive signage.

Group will not meet in the event of rain, snow or if the temperature is less than 40 degrees.

Fridays | 10:00 – 11:00 a.m. (Weekly, March 15 – May 21)

Brentwood Library Walking Path

Monthly Drop-In Grief Support Groups

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

Navigating Grief (Virtual)

For adults who have experienced the death of someone significant within the past six months.

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.

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: *Moving On Doesn't Mean Letting Go: A Modern Guide to Navigating Loss* by Gina Moffa, LCSW.

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

This month's topic: Anxiety / Fear / Uncertainty

Fourth Tuesday | 6:00 – 7:00 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 | 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.

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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.

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.

Children and Teen Grief Support



Creative Hearts Club

Grief support group for youth ages 8–17, dinner included!

The club is led by professional grief counselors, trained volunteers, and professional artists who utilize creative interventions such as photography, theater, music, sculpting, and creative writing to promote self-expression of grief and connecting with peers. Registration required.

Tuesdays | 6–8 p.m. June 11 – July 23 (Break July 2)

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

Learn more: GriefSupport@AliveHospice.org



Camp Forget-Me-Not Registration is Open!

Join other kids who have experienced the death of a special person while enjoying the fun of camp! Camp will be infused with opportunities to remember your special person and explore ways to cope with grief.

Saturday, August 17 – Sunday, August 18, 2024

YMCA Camp Widjiwagan | Ages 8–17

AliveHospice.org/Camps to learn more and apply.