



THIS MONTH AT ALIVE

April 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.

Workshops

Labyrinth Walk

Walking a labyrinth is an age-old contemplative practice that provides time to re-center and focus. The evening will conclude with a remembrance ceremony to honor the lives of significant people in our lives.

Saturday, April 13 | 9:00 - 11:00 a.m.

Cost: \$5

Location: Glendale United Methodist, 900 Glendale Ln, Nashville, TN 37204

Songwriting through Grief

Award-winning songwriter Becky Warren leads songwriting sessions for healing, drawing from personal grief experiences. No musical background required. Sessions via Zoom, crafting a complete song in 3-4 hours over two sessions. Ready to write your song?

More info: griefsupport@AliveHospice.org

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)

Tuesdays | 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.

Living With Grief Group (Virtual)

For adults who have previously participated in grief support, and have experienced some adjustment to loss, but seek additional support while they continue to adapt to life and the future.

First Monday | 6:00 - 7:00 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 offers guidance for adults supporting grieving children and teens under 18. Q&A included.

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 us for a weekly outdoor walk. 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)

Location: Brentwood Library Walking Path

Monthly Drop-In Grief Support Groups

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

Paws for Grief (In-person in Nashville)

Looking for a different way to relax and find comfort? Join us at the Grief Center for a drop-in pet therapy hour with our volunteer animal therapy teams. Join us each month to meet different animals, expect pets and cuddles.

All Ages Welcome with Guardian Present

First Thursday | 2:30 – 3:30 p.m.

Anxiety and Grief (Virtual)

A group for adults coping with fear, anxiety or depression in the wake of loss.

Second Tuesday | 6:00 – 7:00 p.m.

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.

Sharing Our Memories (Virtual)

In a bustling world, discussing our loved ones may seem burdensome to others. Yet, sharing their life stories, not just their passing, brings solace. Join Story Hour—a safe space to share memories without judgment. Bring a keepsake or photo and celebrate their significance with us.

Third Tuesday | 1:00 – 2:00 p.m.

Book Club (Virtual)

Join us as we explore books with themes of loss, coping and hope. Each month we will explore a new book.

This month's book: *The Grieving Brain: The Surprising Science of How We Learn from Love and Loss* by Mary-Frances O'Connor.

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

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: Sadness and Depression

Fourth Tuesday | 6:00 – 7:00 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 – 7:00 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.

Young Adult Group (Virtual)

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

Third Tuesday | 6:00 – 7:00 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!

Led by grief counselors, trained volunteers, and artists, our club offers creative interventions like photography, theater, music, and writing to express grief and connect 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.