



THIS MONTH AT ALIVE

July 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.

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.

Workshops

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

The Art of Grief (In-person in Murfreesboro)

This expressive arts session gives space for adults to use art as a way to process and heal through your grief journey. **This month's project is: Ink & Remembrance.** Combining the artistic process of screen printing with the sentiment of honoring and remembering loved ones.

Second Tuesday | 6:00 – 7:30 p.m.

Eight-Week Grief Journey Groups Forming Now!

Groups launch the week of September 12. Groups meet for eight consecutive weeks and are led by licensed Grief Counselors. \$10/person/session, 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.

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.

Monthly Drop-In Grief Support Groups

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

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. Most participants are in their second year and beyond.
First Monday | 6:00 – 7:00 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.

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: *Different After You: Rediscovering Yourself and Healing after Grief and Trauma* by Michele Neff Hernandez
Fourth Wednesday | 11:00 a.m. – 12:00 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

Fall 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.

Starting after Labor Day!

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

Learn more: GriefSupport@AliveHospice.org

New Group Coming Soon!

Virtual teen drop-in group. More details coming soon!
Interested? Please email 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.

