



THIS MONTH AT ALIVE

September 2024

RSVP/registration and full event info: [AliveHospice.org/Calendar](https://AliveHospice.org/Calendar)

Grief support event/group questions: [GriefSupport@AliveHospice.org](mailto: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.

## Special Events and Offerings

### Grief Hike

Spend time reflecting on grief while hiking in the beauty of Tennessee's only natural burial conservation cemetery.

Friday, September 6 | 9:00 a.m. – 12:00 p.m.

Location: Larkspur Conservation at Taylor Hollow

More info: [griefsupport@AliveHospice.org](mailto:griefsupport@AliveHospice.org)

### Brunch Meet Up (In-person)

A gathering for adults who have experienced loss to find connection, conversation, and support.

Second Wednesday | 10:00 – 11:30 a.m.

Location: Keke's breakfast cafe, 209 Indian Lake Blvd, Hendersonville

More info: [griefsupport@AliveHospice.org](mailto:griefsupport@AliveHospice.org)

### 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](mailto: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: Reflections & Renewal: Journaling Through Grief.** Using art and journaling as a means to process and heal from grief, we will be creating our own journals in this group.

First 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 (In-person in Nashville)

Mondays | 1:00 – 2:30 p.m.

### Loss of a Loved One (Virtual)

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](mailto:griefsupport@alivehospice.org)

**RSVP online:** [AliveHospice.org/events](https://www.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.

### Good Evening Group (Virtual)

If loneliness sets in when the day starts to come to a close, join this virtual group for connection, reflection, and hope.

Thursdays | 6:00 – 7:00 p.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.

### 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: Relationships While Grieving

Third Tuesday | 1:00 – 2:00 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:** *A Heart That Works*, by Rob Delaney

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.

Fourth Thursday | 1:00 – 2:00 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 those 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.

## Youth and Family 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](mailto:GriefSupport@AliveHospice.org)

### New Group Coming Soon!

Virtual teen drop-in group. More details coming soon! **Interested?** Please email [GriefSupport@AliveHospice.org](mailto:GriefSupport@AliveHospice.org)

### Family Retreat Registration is Open!

For families with children under the age of 18. Families come together to play, remember, share, and connect. Includes a variety of recreational activities, games, arts and crafts, woodworking, and memory making that will strengthen your family bond in the midst of grief.

\$20 registration fee per person, scholarships available for those in need.

**Date:** Saturday, October 5 (Optional overnight stay on October 4 for an additional fee at Camp Widjiwagan.)

**Learn more:** [GriefSupport@AliveHospice.org](mailto:GriefSupport@AliveHospice.org)