



THIS MONTH AT ALIVE

October 2024

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

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

Group registration closes 24 hours before scheduled event.

Community Education

Lunch & Learn: *Compassionate Care: The Role of Palliative Medicine*

Join us as Jessie Turley, Senior Director of Palliative Care Services, provides a comprehensive overview of palliative care, highlighting its importance in improving the quality of life for patients and their families.

Nashville: October 16 | 12:00 – 1:15 p.m.

Murfreesboro: October 30 | 12:00 – 1:15 p.m.

More info: AliveHospice.org/LunchAndLearn

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

Recipes and Memories: A Grief Writing Workshop (In-person)

Food is more than nutrition, it's memory and experience and connection. Our food-based memories unite us with our past. Join us as we write together in a supportive and encouraging environment. You need not be a "real writer," this is not about critique; it's about community. Led by Amy Lyles Wilson.

Saturday, October 12 | 9:30 a.m. – 12:30 p.m.

More info: 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

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: **Watercolor Whispers: Healing Through Art**, is a poetic name that encapsulates the gentle and expressive nature of using watercolors to navigate and express grief.

First Tuesday | 6:00 – 7:30 p.m.

Five-Week Holiday Series Forming!

This support group is for men and women seeking practical coping strategies during the holidays after the death of a loved one. Topics to be discussed include dealing with hard hitting emotions, what to do about traditions, how to survive social events, and where to find comfort and strength.

\$50 per participant, scholarships available.

Life After Loss – Surviving the Holidays

(In-person and Virtual Available)

Thursdays, November 21 – January 2

More info: griefsupport@AliveHospice.org

Grief Support Events

RSVP is required for all events.

RSVP: 615-963-4732 or griefsupport@alivhospice.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.

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: Support Systems

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: *Like a River: Finding the Faith and Strength to Move Forward after Loss and Heartache*, by Grander Smith

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

New Group Coming Soon!

Virtual teen drop-in group. More details coming soon!

Interested? 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.

Saturday, October 5

More info: AliveHospice.org/Retreat