



THIS MONTH AT ALIVE

November 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.

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

Hope for the Holidays (Virtual and In-Person)

The end of the year brings a focus on togetherness, gratitude, and celebration which can present a difficult challenge for those of us who have lost someone important. If you are facing grief at the “most wonderful time of the year,” or would like to support to someone who is, please join us for this seminar while we find Hope for the Holidays.

Wednesday, November 13

In-Person: 1:00 – 2:00 p.m. Nashville, Murfreesboro, Franklin, and Hendersonville

Virtually: 6:00 – 7:00 p.m.

Night of Lights

Guests will be invited to prepare a custom luminary to honor a loved one and displayed in our residence courtyard. The evening will also include a silent walk of reflection, music, inspirational messages, hot chocolate, and a special gift.

Nashville Residence: Monday, December 2 | 6 – 7:00 p.m.

Murfreesboro Residence: Tuesday, December 3 | 6 – 7:00 p.m.

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: Puckett’s Restaurant – Hendersonville, 1039 Glenbrook Way, Hendersonville

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: Affirmation Stones. Paint stones with words of comfort, affirmations, or the names of loved ones. These can be kept in a special place or carried with you for comfort.

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 (Virtual)

Mondays, November 18 – December 30 | 1:00 – 2:30 p.m.

More info: griefsupport@AliveHospice.org

Grief Support Events

RSVP is required for all events.

RSVP: 615-963-4732 or griefsupport@alivehospice.org

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

Biology of Grief (Virtual)

Grief is a full body experience, and we will explore the body's natural response to stress, identify the manifestations of grief, review the impact of grief on the body, understand of the needs of the bereaved, and identify healthy coping strategies.

Wednesday, November 20 | 1:00 – 2:00 p.m.

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.

LGBTQ+ Grief Group (Virtual)

This group offers a safe, compassionate, and inclusive space where individuals can share their stories, find solace, and connect with others who understand their journey.

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: Dealing with the holidays and Special Days

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: *Briefly Perfectly Human: Making an Authentic Life by Getting Real About the End* by Alua Arthur

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

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 Feb 4 – April 1 (no session March 11)

Tuesday | 6:00 – 7:30 p.m.

Alive's Grief Center: 1721 Patterson St. Nashville, TN 37203

More information: GriefSupport@AliveHospice.org

New Group Coming Soon!

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

Interested? griefsupport@AliveHospice.org

Camp Forget-Me-Not 2025

Registration opens January 2025!