



THIS MONTH AT ALIVE

December 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

*Group registration closes 24 hours before scheduled event.*

## Community Education

### Culture and Mourning

Join us to explore Islamic end-of-life and grief traditions, including beliefs on the afterlife, funeral rites, mourning practices, and coping with grief. We'll compare with other major religions and open the floor for questions and discussion. This event aims to foster understanding and support in our community.

**This event is free and lunch will be provided.**

Wednesday, December 11 | 12:30 - 2:00 p.m.

**Location:** Islamic Center of Nashville  
2515 12th Avenue South Nashville, TN 37204

## Mindfulness and Relaxation

### Weekly Guided Meditation (Virtual)

Need more peace in your day? Join us on Zoom (cameras off) for a relaxing guided meditation.

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

### Tinsel and Tears (In-person in Nashville)

This holiday workshop is designed specifically for grieving children and adults of all ages. The night is filled with opportunities to remember loved ones while connecting with others who have experienced loss. Participants will be creating unique memory items. Alive's grief counselors will provide tips and strategies for incorporating your loved one into holiday traditions.

Thursday, December 12 | 6:00 - 8:00 p.m.

### The Longest Night Service (Virtual)

This is a winter solstice service for people of all faiths. Led by Alive's chaplains and grief counselors, we will explore loss from a spiritual perspective.

Saturday, December 21 | 6:00 - 7:00 p.m.

### 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: Legacy Vases.** Legacy vases convey the significance and emotional connection of the vases as cherished mementos.

First Tuesday | 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://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.

Third Wednesday | 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:** Creating Connection to Loved one – Continuing Bonds

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.

### 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

### Youth Group 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. Registration required.

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](mailto:GriefSupport@AliveHospice.org)

### New Group Coming Soon!

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

**Interested?** [griefsupport@AliveHospice.org](mailto:griefsupport@AliveHospice.org)

### Camp Forget-Me-Not 2025

Registration opens January 2025!