

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.

## Mindfulness and Relaxation

### Creative Journaling

Like to journal but get bored easily? Learn two fun, creative methods for processing your thoughts and feelings through writing. You don't have to follow the old "dear diary" format in order to keep a regular journal. Let's explore some new tricks artists and writers have used to get out of their heads and onto the page. No writing experience necessary!

January 16 | 6:00 - 7:30 p.m.

### 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.

### 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)

### Sound Bath

A sound bath is a meditative experience where participants experience both the vibration and auditory properties of sound in order to achieve a relaxed state. All you need to do is sit or lie in a comfortable position while soothing instruments take you on a journey. Headphones are recommended but not necessary.

January 22 | 6:00 - 7:00 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)

### Grief 101 (Virtual)

This introductory group session answers questions on grief, provides tools and introduces grief services offered by Alive.

Fourth Tuesday | 1:00 - 2:00 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: Self-Care / Sleep


Third Tuesday | 1:00 - 2:00 p.m.

### Preparing for Goodbye:

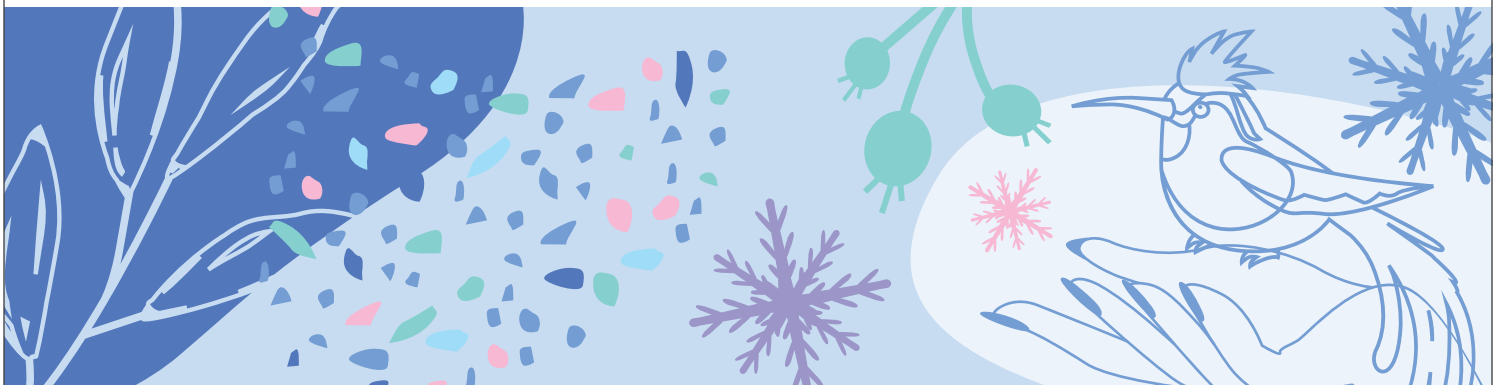
#### Coping with grief before loss (Virtual)

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 Tuesday | 1:00 - 2:00 p.m.

 Follow us on Facebook @AliveHospice | [AliveHospice.org](https://AliveHospice.org) | 615-327-1085 Alive is a 501(c)(3) charitable nonprofit. Alive is a trademark of Alive Hospice, Inc., and is registered in the United States Patent and Trademark Office.

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## Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch the week of January 27. Groups meet for eight consecutive Thursdays and are led by licensed Grief Counselors. \$80 per participant, scholarships available. \*Final group meeting times and locations to be determined based on interest.

**Contact Alive Grief Support to register:**  
615-963-4732 or [griefsupport@alivehospice.org](mailto:griefsupport@alivehospice.org)

### Groups for Loss of Spouse/Partner (In-person in Nashville)

Mondays | 1:00 - 2:30 p.m.

### Loss of a Loved One (Virtual or In-person in Nashville)

Thursdays | 1:00 - 2:30 p.m. In-person in Nashville

Thursdays | 6:00 - 7:30 p.m. Virtual

## 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.

### Substance Loss Group (Virtual)

For adults who have experienced a death through substance use.

Third Monday | 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.

### 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.

## 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

Interest form opens January 2025!



## Alive & THE BLUEBIRD

Concert Series Benefiting Alive

### Fundraising Event

All month long in January.

**Series Information:** [AliveHospice.org/Bluebird](http://AliveHospice.org/Bluebird)

**Ticket Information:** [BluebirdCafe.com](http://BluebirdCafe.com)

Alive & The Bluebird is back for its 32nd year! Our month long series kicks off in January at The Bluebird Cafe. All proceeds support patients at the end of life and their loved ones.