

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.

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

Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch the week of September 8. Groups meet for eight consecutive weeks 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

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)

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

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

Saturdays | 10:30 a.m. - 12:00 p.m. *In-person in Murfreesboro*

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.

Midday Grief Group (Virtual)

A supportive space for individuals navigating loss, providing comfort and connection through your day.

Tuesdays | 12:00 - 1:00 p.m.

Youth and Family Grief Support


Camp Forget-Me-Not Interest Form is Open!

Join other kids who have experienced the death of a special person while enjoying the fun of camp! Camp will be infused with opportunities to remember your special person and explore ways to cope with grief.

Saturday, August 9 - Sunday, August 10, 2025

YMCA Camp Widjiwagan | Ages 8-17

Learn more and apply: AliveHospice.org/Camp

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