This Month at Alive... **November 2025**

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*

Arts-Based Groups

Brush & Breathe Expressive Arts Group *(In-person in Nashville)*
Join us for an expressive arts grief group, where we use low skill high sensitivity art, writing and creative interventions to explore and process grief in a supportive space. No art skill is needed - just an open heart and willingness to try something new. This group offers a gentle , meaningful way to understand your grief, connect with others, and find moments of peace and healing through creative expression.
First and Third Wednesdays | 12:00 - 2:00 p.m.

Mourning Marks *(Virtual)*
Where Grief Finds Form and Art Shapes Loss Into Healing
A virtual expressive arts grief group where participants are invited to journey together through weekly mandala-making and poetry explorations. Each session will center on a different theme of grief and loss, offering gentle guidance and creative prompts to help shape personal expression. No art experience is needed — only an open heart and a willingness to trust the process.
Thursdays | 9:30 - 11:00 a.m.

Grief Support Events

RSVP is required for all events.
RSVP: 615-963-4732 or *GriefSupport@AliveHospice.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.
Fourth 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.

Recipes & Memories *(In-person)*
Food is about more than nutrition. It's about memory and experience and connection. It's oatmeal cookies on your grandmother's front porch. Muffins made with blueberries from the family farm. Your younger sister who refused to eat the cranberry relish at Thanksgiving. These food-based memories serve to unite us with our past. Join us as we write together in a supportive and encouraging environment to share stories about food, family, and friends. You need not consider yourself a "real writer" to join us. This is not about critique; it's about community. Led by Amy Lyles Wilson. Light lunch provided.
Thursday, November 20 | 12:00 - 3:00 p.m.

Alive

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 12

In-Person: 1 :00 - 2:00 p.m. *(Nashville)*

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.

Tuesday, December 2 | 6:00 - 7:00 p.m. (Nashville)

Thursday, December 4 | 6:00 - 7:00 p.m. (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.

Kali Connection Therapy: Grief and the Body: Making Space to Feel

(In-person in Murfreesboro)

Kali Connection Therapy (KCT) is a trauma-informed, body-based approach that supports nervous system regulation and emotional healing. KCT helps release the physical patterns of grief such as numbness and overwhelm, creating a space for the body to feel sorrow while staying connected. Rooted in neuroscience and somatic psychology, this method offers a compassionate path for those navigating loss to shift from survival responses into greater safety, connection, and wholeness. Participants will be guided through gentle movement. Comfortable attire recommended.

Saturdays | 10:00 - 11:30 a.m.

Grupo de Duelo en Español *(Virtual)*

Si usted ha experimentado el fallecimiento de un ser querido, no tiene que enfrentar su duelo en soledad. Nuestro grupo de apoyo ofrece un espacio seguro y compasivo para conectar con otros adultos que están navegando una experiencia similar de pérdida reciente.

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

Monthly Drop-In Grief Support Groups

Participants can join at any time. FREE to attend. RSVP Required.

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

Children's Grief Awareness Day Event

Details coming soon!