

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

Grief Support Events

RSVP is required for all events.

RSVP: 615-963-4732 or GriefSupport@AliveHospice.org

RSVP online: AliveHospice.org/events

Grief Hike at Larkspur

For adults (18+) seeking extra support on their grief journey. Join Alive Grief Counselor Stephanie Larson for a moderately challenging hike that includes guided meditation, self reflection, and journal-style prompts—all surrounded by the healing beauty of nature. Participants will leave with meaningful tools and insights to help navigate grief with nature as a supportive companion.

October 17 | 10:00 a.m. – 1:00 p.m.

Location: Larkspur Conservation's nature preserve at Taylor Hollow

Grief 101 (Virtual)

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

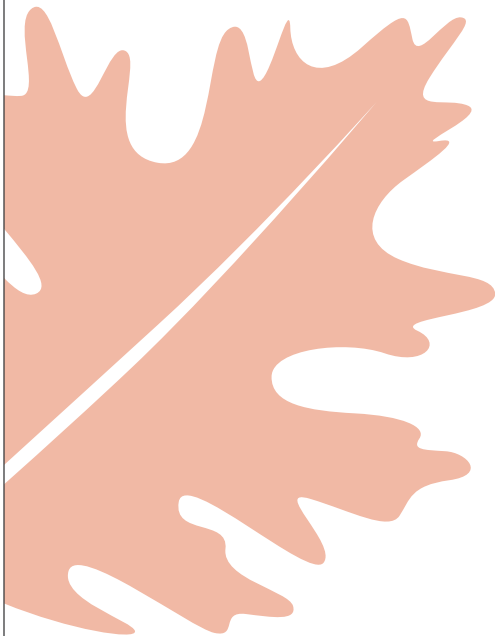
Fourth Tuesday | 1:00 – 2:00 p.m.


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: Support Systems

Third Tuesday | 1:00 – 2:00 p.m.



 Follow us on Facebook @AliveHospice | 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.



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.

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.

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.

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

Family Retreat Registration is Open!

Alive's Family Retreat is open to families with children or youths under the age of 18. During this special event, families come together to play, remember, share, and connect. The day will include a variety of recreational activities, games, arts and crafts, woodworking, and memory making that will strengthen your family bond in the midst of grief.

\$20 registration fee per person, scholarships available for those in need.

Saturday, October 4

Learn more: GriefSupport@AliveHospice.org

