

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.

Community Education

Lunch & Learn: *Where Did Everyone Go?* — *Support Beyond the Diagnosis*

What happens to the offers of support when you're not dealing with a new cancer diagnosis or navigating the end of life? Join us for a candid conversation on showing up for friends, family, and communities — not only at beginnings and endings, but in all the times between.

Tuesday, January 27 | 12:00 – 1:30 p.m.

Location: Nashville Grief Center

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.

Mindful Mondays (Virtual)

Press pause and begin the week with intention. This virtual group offers simple mindfulness practices, guided meditation, and quiet reflection to support you as you navigate grief. Beginners welcome.

Launching January 12, 2026

Every Monday | 10:30 – 11:30 a.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 January 26. Groups meet for eight consecutive weeks and are led by professional 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

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.

Grief Support Events

RSVP is required for all events.

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

RSVP online: AliveHospice.org/events

Flourish: Socials and Supports for Widows

Flourish provides a dual approach to navigating widowhood, offering both compassionate support and social activities. Honoring the fact that grief shared is grief diminished, this program provides connection twice a month, including an afternoon support group, and evening social. Join us for one, or both, and find solace among peers that genuinely grasp the experience of spouse/partner loss.

Support Group (In-person in Franklin)

Second Wednesday | 1:00 – 2:30 p.m.

Social Event (In-person in Franklin)

Fourth Wednesday | 6:00 – 7:30 p.m.

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.



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.

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.

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.

Mondays | 6:00 – 7:00 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.

Holding Hope

This peer-led group provides compassionate connection and support for those experiencing infertility or perinatal loss. Together, we hold space for grief, growth, and the quiet strength of hope. While First United Methodist Church graciously allows us to meet in their space, group curriculum is not faith based and is open to adults of all backgrounds.

Second Thursday | 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

Murfreesboro Family Retreat Registration is Open!

For families with children under the age of 18. Families come together to play, remember, share, and connect. Includes a variety of recreational activities, swimming, games, arts and crafts, 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, February 28

Location: Patterson Park Community Center

Learn more: ChildrensGrief@AliveHospice.org

Alive's Murfreesboro Grief Relief Group

New group forming for any child or teen ages 12–17 and their guardians who have experienced the death of someone significant.

Location: Murfreesboro First United Methodist Church, 265 W Thompson Ln, Murfreesboro, TN 37129

Interested? GriefSupport@AliveHospice.org | 615-963-4732

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 March 17 – April 21

Tuesdays | 6:00 – 7:30 p.m.

Location: Alive's Grief Center

1721 Patterson St. Nashville, TN 37203

More information: GriefSupport@AliveHospice.org

Looking Forward

Valentines Brunch (In-Person Nashville)

Encouragement for a Healing Heart

We welcome you with open hearts to our Valentine's Brunch designed to offer comfort and connection to those who are grieving. You will find a warm, supportive environment and enjoy a meal with others who understand your journey. Attendees will engage in small group discussion, hear a special guest speaker, and receive grief education provided by Grief Counselor Sherri McLario, LPC.

February 9 | 10:30 a.m. – 12:00 p.m.