

**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.*

## Community Education

**Living Alive: A series on aging, grief, and what it means to live fully until the end (Virtual)**

**February's Topic:** An Integrated Approach to Wellness  
Thanks to the generosity of our donors this event is being offered for free. A suggested donation of \$5

**Tuesday, February 17 | 12:00 – 1:15 p.m.**

## 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](mailto: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](mailto:GriefSupport@AliveHospice.org)

**RSVP online:** [AliveHospice.org/events](https://AliveHospice.org/events)

**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. Attendees will engage in small group discussion, hear a special guest speaker, and receive grief education.

**February 9 | 10:30 a.m. – 12:00 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.**

## Weekly Drop-In Grief Support Groups

**Participants can join at any time. FREE to attend.**

**RSVP Required.**

**Winter Book Club: *The Orphaned Adult* (Virtual)**

If you've experienced the loss of a parent you are invited to join our upcoming virtual book club as we read *The Orphaned Adult*. This gathering offers space for reflection, connection, and gentle support.

**Thursdays | 6:00 – 7:00 p.m.**



### Mourning Marks (Virtual)

Mourning Marks is a virtual expressive arts grief group. 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.

Thursdays | 9:30 – 10:30 a.m.

### 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. 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.**

### Flourish: Socials and Support 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.

### Caregiver Support Group (Virtual)

Caring for a loved one is a profound journey, but it doesn't have to be a solitary one. This group provides a space for adult caregivers to connect, share, learn and recharge. There is no obligation to attend every session. Join us as you are able, whenever you need a boost of support.

First Wednesday | 10:00 – 11:00 a.m.

### 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](mailto: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](mailto: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](mailto:GriefSupport@AliveHospice.org)

## Looking Forward (Coming in March)

Culture and Mourning Interfaith Panel

Larkspur Grief Hike