

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

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

March's Topic: Alive Complex Care and Aging in Place with Dr. Martha Presley. Thanks to the generosity of our donors this event is being offered for free. A suggested donation of \$5

Tuesday, March 24 | 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.

Sound and Solace: Music Therapy Group for Grief

Join Alive's Music Therapist Victoria Kelly for a group music therapy session designed to gently support those experiencing loss. No musical experience is required.

First Saturday (Virtual) | 10:00 - 11:00 a.m.

Third Saturday (in-person at Alive's Grief Center in Nashville) | 10:00 - 11:00 a.m.

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)

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.

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.

Weekly Drop-In Grief Support Groups

Participants can join at any time. FREE to attend.

RSVP Required.


Nature-Based Grief Group

This small, facilitated grief group for adults meets outdoors in partnership with local nature centers and community spaces. Gatherings may include gentle walking, reflection, and/or light engagement with the natural environment. The group offers a supportive space to connect with others and with nature while navigating grief. No prior experience is required. First-timers are always welcome. Registration is required.

Wednesdays 8:30-10:00 a.m.

Location: varies throughout Nashville

More information: GriefSupport@AliveHospice.org

 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.*

Alive 



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 | 10:30–11:30 a.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

Camp Forget-Me-Not Interest Form is Open!

Join other kids (Ages 8–17) 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. New this year! High Schoolers arrive Friday to stay an extra night and have their own evening of activities and hang times.

High Schoolers: Friday, August 14 – Sunday, August 16

Elementary and Middle Schoolers:

Saturday, August 15 – Sunday, August 16

Location: YMCA Camp Widjiwagan

Learn more and apply: AliveHospice.org/Camp

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 (Coming in April)

Larkspur Grief Hike