THIS MONTH AT ALIVE September 2023

RSVP/registration and full event info: *AliveHospice.org/Calendar*
Grief support event/group questions: *GriefSupport@AliveHospice.org* | 615-963-4732

Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch on **Sept 14**. Groups meet for eight consecutive Thursdays and are led by licensed Grief Counselors. $80 per participant, scholarships are available.

Groups for Loss of Spouse/Partner *(Virtual)*

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

Loss of a Loved One *(Virtual)*

Thursdays | 6:00 - 7:30 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 led by volunteer, Ben Glover.

Every Thursday | 1:00 p.m.

Grief Support Events

RSVP is required for all events.

RSVP: 615-963-4732 or *griefsupport@alivehospice.org*
RSVP online: *AliveHospice.org/events*

Grief 101 *(Virtual)*

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

Second and Fourth Tuesday | 1:00 - 2:00 p.m.

Weekly Drop-In Grief Support Groups

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

Fall Book Club *(Virtual)*

A weekly group that provides a casual, supportive environment in which participants will explore books with themes of loss, coping and hope. This fall's book is: *"Option B"* by Sheryl Sandberg and Adam Grant. Book Club launches on Sept 13.

Wednesdays | 11:00 a.m. – 12:00 p.m.

Good Mourning Group

Start your day with support from others who understand what you're going through.

Wednesdays | 9:30 – 10:30 a.m.

Zoom Info: Visit *AliveHospice.Zoom.US* and click "Join"
Meeting ID: 980 4199 4226
Passcode: AH

Monthly Drop-In Grief Support Groups

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

Survivors of Sudden Loss *(Virtual)*

For adults who have experienced a death through suicide, substance use, homicide, or accident.

Fourth Monday | 6:00 – 7:30 p.m.

Info for Zoom Meetings: Scan QR code or visit ***AliveHospice.org/ZoomInfo***

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Alive

Finding Lost Words *(Virtual)*

This guided poem writing workshop is for anyone coping with loss. You need not consider yourself a "real writer" to join us.

First Saturday of each month | 10:00 – 11:00 a.m.

Story Hour *(Virtual)*

In a fast-paced world, it can feel like our friends and family grow weary of hearing us talk about our loved ones. Yet, we know that telling stories of their life, instead of focusing on their death, can bring great comfort to the bereaved. Story Hour allows a casual and safe space for you to share stories about your loved one without judgment or time limits. We invite participants to bring a different keepsake or photograph to each session and share the story of its significance with others who have also experienced loss.

Third Tuesday | 11:00 a.m. – 12:00 p.m.

Zoom Info: Visit *AliveHospice.Zoom.US* and click "Join"
Meeting ID: 838 8841 4562
Passcode: AH

Support for Widowed Men *(Virtual)*

Support and connection for adult men who have experienced the death of a spouse or partner.

First Monday | 6:00 – 7:30 p.m.

Child Loss Group *(Virtual)*

For adults who have experienced the death of a child ages two and up.

Third Monday | 6:00 – 7:30 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 – 7:30 p.m.

Navigating Grief *(Virtual)*

For adults who have experienced the death of someone significant.

Third Tuesday | 6:00 – 7:00 p.m.

Children and Teens Grief Support

Youth Group

Grief support groups 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.

Tuesdays | 6:00 - 7:30 p.m. Starting September 12

Alive's Grief Center: 1721 Patterson St. Nashville, TN 37203

Family Grief Support

Family Retreat Registration is Open!

Alive's Family Retreat is open to families with children 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.

$60 registration fee per family, scholarships available for those in need.

Saturday, October 14 *(With optional overnight stay on October 13 at Camp Widjiwagan)*

More information: *GriefSupport@AliveHospice.org*

Grandparent's Day Stepping Stones Workshop

For children and their adult caregiver(s) who have experienced the death of a grandparent. Each family will work together to create a one-of-a-kind stepping stone decorated to honor your special person. Bring your own treasures that remind you of your grandparent or use our glass and gem supply to create a one-of-a-kind garden memorial.

Saturday, September 9 | 10:00 a.m. – 12:00 p.m.

Alive's Grief Center: 1721 Patterson St. Nashville, TN 37203

Cost: $10 per family

Info for Zoom Meetings: Scan QR code or visit ***AliveHospice.org/ZoomInfo***