

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

SoulCollage® for People Who Grieve (In-person in Nashville)

Join us for lunch and an afternoon of creativity and connection. Led by Amy Lyles Wilson, SoulCollage® is a creative collage process for self-discovery, acceptance, and empowerment. No experience or art skill required! Lunch included. \$5 per person

March 6 | 12:00 - 3:30 p.m.

Biology of Grief (Virtual)

Grief is a full body experience, and we will explore the body's natural response to stress, identify the manifestations of grief, review the impact of grief on the body, understand the needs of the bereaved, and identify healthy coping strategies.

March 19 | 1:00 - 2:00 p.m.

Supporting a Grieving Child (Virtual)

Alive's Grief Support team offers guidance for adults supporting grieving children and teens under 18. Q&A included.

March 20 | 6:00 - 7:00 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.

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: Anxiety / Fear / Uncertainty


Third 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.

 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.



Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch the week of April 21. Groups meet for eight consecutive Thursdays and are led by licensed 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

Groups for Loss of Spouse/Partner (In-person in Nashville)

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

Loss of a Loved One (Virtual or In-person in Nashville)

Thursdays | 1:00 - 2:30 p.m. In-person in Nashville

Thursdays | 6:00 - 7:30 p.m. Virtual

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.

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.

Thursdays | 6:00 - 7:00 p.m.

Monthly Drop-In Grief Support Groups

Participants can join at any time. FREE to attend.

RSVP Required.

LGBTQ+ Grief Group (Virtual)

This group offers a safe, compassionate, and inclusive space where individuals can share their stories, find solace, and connect with others who understand their journey.

First Monday | 6:00 - 7:00 p.m.

Substance Loss Group (Virtual)

For adults who have experienced a death through substance use.

Third Monday | 6:00 - 7:00 p.m.

Suicide Loss Group (Virtual)

For adults who have experienced a death through suicide.

Fourth Monday | 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

New Group Coming Soon!

Virtual teen drop-in group. More details coming soon!

Interested? GriefSupport@AliveHospice.org

Camp Forget-Me-Not 2025

Interest Form is open! AliveHospice.org/Camp

