

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)

Topic: *At the Bedside: The Impact of Hospice Volunteers.*

Presented by: Heather Bock, Alive's Volunter Program Manager and Beth Bixby, Alive Volunteer.

Hospice volunteers offer comfort, connection, and companionship to patients and families at the end of life. In this session, our presenters will share personal stories and highlight the meaningful impact volunteers have in hospice care. Thanks to the generosity of our donors this event is being offered for free. A suggested donation of \$5 is appreciated.

Tuesday, June 23 | 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)

This virtual group offers simple mindfulness practices, guided meditation, and quiet reflection to support you as you navigate grief. Beginners welcome.

Every Monday | 10:30 - 11:30 a.m.

Creativity-Based Groups

Sound and Solace: Music Therapy Group for Grief (Virtual)

A group music therapy session designed to gently support those experiencing loss. No musical experience is required.

First Saturday | 10:00 - 11:00 a.m.

More info: GriefSupport@AliveHospice.org

Brush and Breathe Expressive Arts Group (In-person in Nashville)

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.

First Wednesday | 12:00 - 2:00 p.m.

Mourning Marks (Virtual)

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. No art experience is needed.

Thursdays | 9:30 - 10:30 a.m.

We've Got Your Back: Improv Play Session (In-person Nashville)

A playful, joy-filled workshop led by **Unscripted Improv** through their new *We've Got Your Back* program. Trained improvisers will guide accessible improv exercises designed to encourage laughter and connection. **Open to the community** and not grief-specific—no improv experience needed. **Separate sessions for adults and children. Space is limited; registration is required.**

Third Saturday | 11:30 a.m. - 1:00 p.m.

Community Connection

Alive's Grief Connection Facebook Group

Feeling alone in your grief? We hear you, and we're here for you. Alive hosts a Facebook group that serves as a private space for adults who are grieving to find community, support, and connection 24/7. This is not therapy, nor a support group, but a place to share your story, feel understood, and learn strategies for coping.

Interested? Reach out to us at GriefSupport@AliveHospice.org or 615-963-4732

The Tending Circle (In-Person Murfreesboro)

Grief is not a problem to be solved. It is a passage to be honored. This 9-week small group that gathers to reflect on Francis Weller's *The Wild Edge of Sorrow*, a book that invites us to approach loss with reverence, curiosity, and community. This group is for anyone who has experienced loss in any form and longs for a space where grief is welcomed rather than rushed. Facilitated by Grief Counselor, Tonia Nadeau, NCC, A-LPC/MHSP.

RSVP Required.

Thursday's, June 4 - July 30 | 6:00 - 7:30 p.m.

Location: Alive Murfreesboro, 1629 Williams Dr. Murfreesboro, TN 37129



Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch after Labor Day. Groups meet for eight consecutive weeks and are led by licensed Grief Counselors. \$80 per participant, scholarships available. **Final group meeting times and locations to be determined based on interest.*

Loss of Spouse/Partner (Virtual or In-Person)

Mondays | 1:00 – 2:30 p.m.

Mondays | 6:00 – 7:30 p.m.

Loss of a Loved One (Virtual or In-Person)

Thursdays | 1:00 – 2:30 p.m.

Thursdays | 6:00 – 7:30 p.m.

Please reach out if these options don't fit your needs.

Contact Alive Grief Support to register: 615-963-4732 or GriefSupport@AliveHospice.org

Grief Events

Terrarium Workshop for Grief (In-person Murfreesboro)

Join us to build a living terrarium as a gentle, hands-on metaphor for grief—honoring loss, creating containment, and making space for new growth. This free event includes all materials and refreshments; a suggested \$5 donation is appreciated to help cover costs. RSVP required.

Saturday, June 13 | 2:00 – 4:00 p.m.

Nature and Movement-based Groups

Nature-Based Grief Group

This group for adults meets outdoors in partnership with local nature centers and community spaces. May include gentle walking, reflection, and/or light engagement with the natural environment. Offers a supportive space to connect while navigating grief. No prior experience is required.

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

Location: varies throughout Nashville

More information: GriefSupport@AliveHospice.org

Kali Connection Therapy (KCT): Grief and the Body:

Making Space to Feel (In-person in Murfreesboro)

KCT is a trauma-informed, body-based approach that supports nervous system regulation and emotional healing. This method offers a 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.

Weekly Drop-In Grief Support Groups

Participants can join at any time. FREE to attend. RSVP Registration is 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.

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

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 at Alive's Franklin Office)
Second Wednesday | 1:00 – 2:30 p.m.

Social Event (Restaurant in Franklin TBD)
Fourth Wednesday | 6:00 – 7:30 p.m.

Caregiver Support Group (Virtual)

This group provides a space for adult caregivers to connect, share, learn and recharge. No obligation to attend every session. Join us as you are able, whenever you need support.

First Wednesday | 10:00 – 11:00 a.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 is infused with opportunities to remember your special person and explore ways to cope with grief.

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

Elementary and Middle Schoolers:
Saturday, August 15 – Sunday, August 16

Location: YMCA Camp Widjiwagan | **Cost:** FREE

Learn more and apply: AliveHospice.org/Camp

Creative Hearts Club

Participants explore their feelings through mixed media, music, creative writing, and sculpting, helping foster connection, expression and healing. Registration required.

Wednesdays, June 3-24 | 6:00 – 8:00 p.m.

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

Learn more: ChildrensGrief@AliveHospice.org