

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: *Holding Space at the End: Understanding the Role of a Death Doula*

Presenter: Megan Morano- Alive Volunteer Coordinator and Death Doula

Death doulas provide non-medical support to the dying and their families. Explore what this growing role involves, how it complements hospice care, and how compassionate presence can transform the end-of-life experience.

Tuesday, August 25 | 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

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.

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

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.

Returning in September! 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

The Listening Room (In-person Nashville)

Once a month, a small group gathers to remember the people they're grieving through the songs that made them who they were. You're invited to bring one song — funny, beloved, unexpected, or all three — and share a little about the person behind it. Then, we will listen together. A record player, cassette player, CD player and digital streaming options will be available for your use.

Third Saturday of the month, 6:00 – 7:00 p.m.

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

 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's Mission: We provide compassionate care to individuals and families navigating the complexities of serious illness, end-of-life or grief—enriching our communities through guidance, education and service.



Eight-Week Grief Journey Groups Forming Now!

Beginning the week of Sept 21, 2026. In-person groups offered in both Nashville and/or Murfreesboro. 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

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 | 12:30 – 2:00 p.m.

Social Event (Restaurant in Franklin TBD)

Fourth Wednesday | 10:30 a.m. – 12:00 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

Family Retreat Registration is Open!

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

Sunday, October 11

Cost: \$20 registration fee per person, scholarships available for those in need.

Learn more: GriefSupport@AliveHospice.org

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 Oct 13 – Nov 17

Tuesdays | 6:00 – 7:30 p.m.

Location: 1721 Patterson St. Nashville, TN 37203

Learn more: GriefSupport@AliveHospice.org

Looking Forward:

Flourish in Murfreesboro (September)