This Month at Alive... **November** 2026

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: Hope for the Holidays
Presenter: Alive Grief Counselor

The holidays can intensify grief, making celebration feel impossible. This session offers gentle guidance for navigating traditions, honoring your loved one's memory, and finding moments of peace during an emotionally complex time of year.
Wednesday, November 18 | 12:00 - 1:15p.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

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. 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

Eight-Week Grief Journey Groups Forming Now!

Our winter round of day and evening Grief Journey groups will launch in January 2027. 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
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'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.

Alive

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.

Monthly Drop-In Grief Support Groups

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

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.

Holding Hope *(Virtual)*
This peer-led group provides compassionate connection and support for those experiencing perinatal loss. Together, we hold space for grief, growth, and the quiet strength of hope.
Second Thursday | 6:00 – 7:00 p.m.

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 social. Join us for one, or both, and find solace among peers that genuinely grasp the experience of spouse/partner loss.

Franklin Flourish Group
Support Group *(In person at Alive's Franklin Office)*
11/11/26 | 12:30 p.m. - 2:00 p.m.
Social Event (Restaurant in Franklin TBA)
11/17/26 | 10:30 a.m. - 12:30 p.m.

Murfreesboro Flourish Group
Support Group *(In person at Alive's Murf. Office)*
11/9/26 | 1:00 p.m. - 2:30 p.m.
Social Event (Restaurant in Murfreesboro TBA)
11/16/26 | 10:30 a.m. - 12:30 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

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.
Will launch early 2027!
Tuesdays | 6:00 – 7:30 p.m.
Location: 1721 Patterson St. Nashville, TN 37203
Contact Alive Grief Support to get on the interest list: 615-963-4732
GriefSupport@AliveHospice.org

Looking Forward

Night of Lights
Guests will be invited to prepare a custom luminary to honor a loved one and displayed in our residence courtyard. The evening will also include a silent walk of reflection, music, inspirational messages, hot chocolate, and a special gift.
Tuesday, December 1 | 6:00 - 7:00 p.m. (Nashville)
Thursday, December 3 | 6:00 - 7:00 p.m. (Murfreesboro)