



# HOSPICE OF THE *Piedmont*

## GRIEF AND HEALING

SUMMER 2023

### ZOOM GROUPS

#### Drop-In Support Group for General Grief

Wednesday from 3:00–4:00pm

Grieving the loss of a loved one is a painful, yet natural part of healing. We are here to help you navigate through that process. Please join this drop-in support group where grief due to any loss by death will be shared and supported. *Starting May 3rd and ending July 26th. Participants can attend just one time or as many times as needed.*

#### Drop-In Loss of Spouse/Partner Women's Group

Mondays from 4:30–5:30pm

This will be an open drop-in group specifically for women who have lost a partner or spouse to connect with those who have experienced a similar loss. *Now through June 19th. Resumes on August 7th. Participants can attend just one time or as many times as needed.*

#### Yogic Healing

Fridays from 6:00–7:00pm

Yoga can ignite our ability to cope with grief and trauma, tapping into our inner resilience, growth, and healing. Open to all bodies and identities, this open-variation, no-levels, trauma-sensitive yoga offering is a space to connect with your breath and body, honor your healing, and relieve the exhaustion and fatigue of grief. Sessions will include guided, gentle vinyasa flows and restorative shapes to soothe the nervous system and process emotion. *Starting July 7th and ending August 25th.*

### HYBRID GROUP

#### Remembering Our Children (Zoom and in-person)

First Monday of Month from 5:30–6:30pm

If you are a parent who has experienced the death of your child (of any age), we invite you to join us for grief education, support, and healing.

### IN-PERSON GROUPS

#### General Grief Group (Charlottesville)

Thursdays from 5:30–6:30pm

A facilitated eight-week support group offering participants an opportunity to explore grief themes and share strategies for navigating grief in a community of trust. A book and journal will be provided. *Starting June 22 and ending August 10th.*

#### Loss of Spouse/Partner Women's Group (Charlottesville)

Tuesdays from 3:30–4:45pm

Our loss of a spouse or life partner support group provides a safe place to connect with women who have experienced a similar loss. This is an open-processing group. *Starting June 27th and ending on August 1st. (No meeting on July 4th)*

#### Loss of Spouse/Partner Women's Group (Charlottesville)

Tuesdays from 3:30–4:45pm

Our loss of a spouse or life partner support group provides a safe place to connect with other women who have experienced a similar loss. This group will be a structured group with guided reading. Books will be provided. *Starting August 8th and ending on September 26th*

#### Yogic Healing (Charlottesville)

Friday, July 7th, 2:30–3:30pm and

Friday, August 4th, 2:30–3:30pm

This is an in-person version of the Zoom class described on the left panel of this page.

Pre-registration is required for all groups.

Please call  
**434-817-6915**

or email

**[register@hopva.org](mailto:register@hopva.org)**

