



# HOSPICE OF THE *Piedmont* GRIEF AND HEALING

FALL 2023

## ZOOM GROUPS

### Drop-In Support Group for General Grief

*Wednesday from 3:00–4:00pm  
September 6th to November 29th*

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.

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

*Mondays from 4:30–5:30pm  
August 7th to November 27th*

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.

### Yogic Healing

*Fridays from 6:00–7:00pm  
September 22nd to October 27th*

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.

### Holiday Workshop

*Monday from Noon–1:00pm  
November 13th*

Grief can occur in spite of or even because of the Holidays. As we head into the Holiday season, those of us who have experienced loss may feel a wide range of emotions. This is normal. Join us as we discuss the struggles particularly related to grieving during the Holidays and how to best care for ourselves during that time.

## IN-PERSON GROUPS

### Loss of Spouse/Partner Women's Group

*Tuesdays from 3:30–4:45pm  
October 17th to December 12th*

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 structured with guided reading. A book will be provided. *There will be no class on September 26th*

## HYBRID GROUP

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

*Mondays from 5:30–6:30pm  
First Monday of Every Month*

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.

Pre-registration is required for all groups.  
In-Person Groups meet in Charlottesville.

Please call  
**434-817-6915**  
or email  
**register@hopva.org**

