



# HOSPICE OF THE *Piedmont* GRIEF AND HEALING

WINTER 2024

## PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

Call: **434-817-6915**  
Email: [register@hopva.org](mailto:register@hopva.org)  
Visit: [hopva.org/grief](https://hopva.org/grief)



## ZOOM GROUPS

### Drop-In Support Group for General Grief

Wednesday from 3:00–4:00pm

January 10th to March 27th (on Zoom)

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.

### Loss of Spouse Co-Ed Group

Thursdays from 6:30–7:45pm

January 18th to March 21st (on Zoom)

(No group meeting on February 1st or March 7th)

Our loss of a spouse or life partner support group provides a safe place to connect with others who have experienced a similar loss and is open to both women and men. This group will be structured with guided reading. Books will be provided.

### Drop-In Loss of Spouse/Partner

#### Women's Group

Mondays from 4:30–5:30pm

January 8th to June 10th (on Zoom)

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.

### Young Adult Loss

Date and Time TBD

Our young adult support group provides a safe place to connect with others who have experienced a similar loss and is open to anyone between the ages of 18 and 45. The group will be held on Zoom, with the exact date and time to be determined. Please reach out using the contact information above if you are interested.

## HYBRID GROUPS

### Remembering Our Children

Mondays from 5:30–6:30pm

First Monday of Every Month

(Zoom and In-Person in Charlottesville)

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.

### Pet Loss Workshop

Thursday from Noon–1:00pm

March 21st

(Zoom and In-Person in Charlottesville)

If you have experienced the death of a pet, we invite you to join us for grief education, support, and healing for a one-time pet loss workshop. We will offer this workshop online (we will send a Zoom link) and in person in our Charlottesville office.