



HOSPICE OF THE *Piedmont* GRIEF AND HEALING

SPRING / SUMMER 2024

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

Call: **434-817-6915**

Email: register@hopva.org

Visit: hopva.org/grief



ZOOM GROUPS

Drop-In Support Group for General Grief

Wednesday from 3:00–4:00pm
May 1st to July 31st (on Zoom)

*No meeting on July 3rd

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
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.

Drop-In Young Adult Loss Group

Tuesdays from 1:00–2:00pm and/or
Tuesdays from 5:00–6:00pm
May 7th to June 25th (on Zoom)

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.

Drop-In Yogic Healing

Fridays from 6:00–7:00pm
March 8th to April 26th (on Zoom)

Guided trauma-informed sessions will include Yin and Restorative practice to soothe the nervous system and relieve the exhaustion and fatigue of grief.

Yogic Healing Workshop

Saturday from Noon–1:00pm
April 6th (on Zoom)

This focused workshop will explore various yogic techniques of breathwork, asana, and somatic practice to sit with, hold space for, and move through the complexities of grief within the physical and energetic bodies.

See Other Side for
More In-Person &
Hybrid Groups



IN-PERSON GROUPS

General Grief Group

Thursdays from 5:30–6:30pm
April 18th to June 6th
(C'ville Office)

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.

Mother's Day Workshop

Saturday from 3:00–4:30pm
May 4th
(Back Patio of C'ville Office)

Mother's Day can be a challenging time for anyone who has lost their mother or mother figure. In this workshop, we will come together to share memories of our mothers, honor their gifts, and reflect on their continued presence in our lives by using expressive arts. We will provide supplies for the art activity.

HYBRID GROUPS

Remembering Our Children

Mondays from 5:30–6:30pm
First Monday of Every Month
(Zoom and In-Person in C'ville)

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.

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Scan to
Learn More



*Hospice of the Piedmont's
Grief and Healing program is made
possible in part thanks to generous
community philanthropy.*