



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 Yogic Healing

Fridays from 6:00–7:00pm
June 7th to 28th (on Zoom)
*No meeting on June 14th

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

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.

See Other Side for
More In-Person &
Hybrid Groups

IN-PERSON GROUPS

General Grief Group

Thursdays from 5:30–6:30pm
July 18th to September 5th
(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.

Loss of Spouse/Partner Women's Group

Tuesdays from 3:30–4:45pm
August 13 to October 1st
(C'ville Office)

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.

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.

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

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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