



HOSPICE OF THE *Piedmont*
GRIEF AND HEALING

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 1:00–2:00pm or
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

Wednesdays from 3:00–4:15pm
June 12th to July 10th
(C'ville Office)

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.

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.

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

Call: **434-817-6915**

Email: register@hopva.org

Visit: hopva.org/grief

Scan to
Learn More

