



# HOSPICE OF THE *Piedmont* GRIEF AND HEALING

SUMMER / FALL 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 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  
August 12th to December 9th (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  
August 6th to September 24th (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.

### IN-PERSON GROUPS

#### General Grief Group

Thursdays from 5:30–6:30pm  
September 19th to November 7th  
(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 13th 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.

### 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.

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