



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 3:00–4:00pm
September 4th to December 11th (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.

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 5:30–6:30pm
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.

Drop-In Yogic Healing

*Fridays from 6:00–7:00pm
September 6th to 27th (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.

Holiday Workshop

*Wednesday from 5:30–6:30pm
November 20th*

Grief can occur in spite of or even because of the Holidays. As we head into the Holiday season, those of us who have experienced loss may feel a wide range of emotions. This is normal. Join us as we discuss the struggles particularly related to grieving during the Holidays and how to best care for ourselves during that time.

*See Other Side for
More In-Person &
Hybrid Groups*



IN-PERSON GROUPS

Men's Grief Support Group

Tuesdays from 3:30–4:45pm
November 19th to December 17th
(C'ville Office)

This will be a structured group specifically for men who have lost someone. Participants will learn about the unique ways men grieve a loss and have an opportunity to talk with other men who are going through a similar experience.

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.*

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