



HOSPICE OF THE *Piedmont*
GRIEF AND HEALING

FALL & WINTER 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.

Holiday Workshop

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

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.

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

Drop-In Young Adult Loss Group

*Tuesdays from 1:00–2:00pm and/or
Tuesdays from 5:30–6:30pm
November 5th to December 17th (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 Loss of Spouse/Partner Women's Group

*Mondays from 4:30–5:30pm
August 12th to December 9th (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.

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



IN-PERSON GROUPS

General Grief Group

Thursdays from 5:30–6:30pm
November 7th to December 19th
* No Meeting November 28th
(Culpeper 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 5:30–6:30pm
November 6th to December 18th
* No Meeting November 27th
(Charlottesville 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.

Men's Grief Support Group

Tuesdays from 3:30–4:45pm
November 19th to December 17th
(Charlottesville 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.

Healing & the Holidays Workshop

Wednesday from 4:00–5:00pm
December 18th
(Charlottesville Office)

Even under the best circumstances, the holidays are stressful. Unrealistic expectations coupled with commercial hype can make the holiday season seem more overwhelming than happy or merry. Join us for a time to connect with others and learn some strategies for navigating the holidays.

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Scan to
Learn More



HYBRID GROUP

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.