



HOSPICE OF THE *Piedmont* GRIEF AND HEALING

WINTER 2025

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
January 15th to March 26th (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
January 6th to June 2nd (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
February 4th to March 25th (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.

Winter Blues Workshop

*Friday from 3:00–4:00pm
January 31st (Zoom)*

The winter season can be a joyful time, and yet it can also bring down our spirits with dreary days and long, dark, and cold nights. Many of us experience feelings of stress, fatigue, confinement, boredom, and a general sense of depression during this time of year. The facilitators of this online workshop will share ideas and positive steps to help us take care of ourselves mentally, physically, and spiritually, especially during the winter season.

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

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

hopva.org/grief

IN-PERSON GROUPS

General Grief Group

Tuesdays from 3:30-4:45pm
March 18th to April 22nd
(Charlottesville 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

Wednesday from 5:30-6:45pm
March 5th to April 2nd
(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.

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General Grief Group

Date & Time TBD
(Culpeper Office)

This general grief group provides a safe place to connect with others who have experienced a similar loss and is open to anyone who has lost a loved one. The group date, time, and location are still to be determined. Please reach out using the contact information below if you are interested in registering and have a preference on the day and time for this group.

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.