



**HOSPICE** OF THE *Piedmont*  
**GRIEF AND HEALING**

WINTER 2025

**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 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.

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

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

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## IN-PERSON GROUPS

### General Grief Group

Tuesdays from 5:30-6:45pm  
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.

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## 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.