



HOSPICE OF THE *Piedmont*
GRIEF AND HEALING

SPRING / SUMMER 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 June 4th (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.

IN-PERSON GROUPS

General Grief Group

*Date & Time TBD
(Culpeper Office)*

Join our general grief group for anyone who has lost a loved one. Dates, times, and location are to be determined. Contact us if you're interested in registering and have a preference for the day and time.

Loss of Spouse/Partner Women's Group

*Date & Time TBD
(Charlottesville Office)*

Join our support group for women who have lost a spouse or life partner. Dates and location are TBD. If you're interested in registering and have preferences for the day and time in Summer 2025, please contact us.

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.