



# HOSPICE OF THE *Piedmont* GRIEF AND HEALING

SUMMER / FALL 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)



## VIRTUAL GROUPS

### Drop-In Support Group for General Grief

Wednesday from 3:00–4:00pm  
August 5th to November 5th (Virtual)

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 Young Adult Loss Group

Tuesdays from 1:00–2:00pm  
May 6th to June 24th (Virtual)

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

Tuesdays from 4:00–5:00pm  
August 6th to December 9th (Virtual)

This is 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



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

[hopva.org/grief](https://hopva.org/grief)

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## IN-PERSON GROUPS

### General Grief Group

*Mondays from 3:30–5:00pm  
August 18th to September 15th  
(Charlottesville Office)*

This group provides a supportive space for exploring grief, sharing coping strategies, and finding hope. Participants will receive a book to guide discussions. Because the group builds over time, weekly attendance is expected.

### Loss of Spouse/Partner Women's Group

*Date & Time TBD  
(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. 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 in the Fall of 2025.

### General Grief Group

*Wednesdays from 1:00–2:00pm  
August 6th to September 10th  
(Culpeper Office)*

When someone in our community loses a loved one, they shouldn't have to face it alone. Join our five-week grief group to find support, share stories, and learn ways to cope. Each participant receives a book to guide weekly discussions. Free and open to all — no prior hospice connection needed. Weekly attendance is expected.

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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.

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