



# HOSPICE OF THE *Piedmont* GRIEF AND HEALING

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 6th 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 Loss of Spouse/Partner Women's Group

Tuesdays from 4:00–5:00pm  
August 5th 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.

### Drop-In Young Adult Loss Group

Tuesdays from 1:00–2:00pm  
August 5th to September 30th (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.

## 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.

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

See Other Side for  
More Groups



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

## IN-PERSON GROUPS

### Drop-In Grief Support Group

Wednesdays from 3:00–4:00pm  
October 1<sup>st</sup> to November 19th  
(The Center at Belvedere)

When someone in our community loses a loved one, they shouldn't have to face it alone. This group provides a supportive space for exploring grief, sharing coping strategies, and finding hope. Please join this drop-in support group where grief due to any loss by death will be shared and supported.

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

Wednesdays from 5:00–6:00pm  
October 1<sup>st</sup> to November 12th  
(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.

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### Mending HeArts: Altered Books

Thursdays from 2:00–3:30pm  
Dates TBD  
(Charlottesville Office)

Grief is not linear, and neither is healing. In this hands-on group, participants will transform old books with collage, paint, and writing to explore memory, sorrow, and resilience. No art experience is needed. Each session includes prompts, creative time, and safe space to reshape pages into journals of grief, love, and hope.

### Mending the Line: A Fly-Fishing Workshop for Men

Saturday from 9:30am–3:30pm  
October 4th  
(Moorman's River, Exact location TBA)

Grief can feel heavy and unspoken, especially for men. This day-long workshop pairs fly fishing with gentle reflection, offering nature's quiet as a guide. Casting a line becomes a metaphor for letting go and moving forward. No fishing experience is required. Come as you are, connect if you wish, and let the water help.

### Mending HeArts: Sock Puppetry

Friday from 3:00–6:00pm  
October 24<sup>th</sup>  
(Charlottesville Office)

Grief does not always find words. In this imaginative workshop, participants will create sock puppets to explore emotions with curiosity, compassion, and even a touch of humor. Puppets can express what we may not yet say ourselves. No art skills are needed—just bring a sock, an open mind, and a willingness to try.

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