



HOSPICE OF THE *Piedmont* GRIEF AND HEALING

WINTER 2026
JANUARY - MARCH

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

Call: **434-817-6915**
Email: register@hopva.org
Visit: hopva.org/grief



VIRTUAL GROUPS

Drop-In Support Group for General Grief

Wednesday from 3:00–4:00pm
January 7th to April 1st

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
January 13th - June 9th

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
February 3rd - March 31st

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.

B.R.E.A.T.H.E Grief Group

Mondays from 5:30 - 7:00pm
January 12th - March 2nd

A B.R.E.A.T.H.E. Grief Group is a structured grief-support group designed to help people process loss in a gentle, reflective, and practical way. 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.

Grief in Winter Workshop

Monday from 12:00–1:00pm
January 21st

Grief can occur in spite of or even because of the holidays. As we head into the holiday season, those of us who have experienced loss may feel a wide range of emotions. This is normal. Join us as we discuss the struggles particularly related to grieving during the holidays and how to best care for ourselves during that time.

**See Other Side for
More Groups**



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

hopva.org/grief

IN-PERSON GROUPS

Grief Support Group

*Tuesdays from 1:00–2:00pm
January 13th - March 3rd
(Charlottesville Office)*

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 structured support group where grief due to any loss by death will be shared and supported.

General Grief Group

*Wednesdays from 1:00–2:00pm
January 7th - February 11th
(Culpeper Office)*

When someone in our community loses a loved one, they shouldn't have to face it alone. Join our 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.

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

Call: 434-817-6915

Email: register@hopva.org

Visit: hopva.org/grief

Loss of Spouse/Partner Women's Group

*Wednesdays from 4:00–5:15pm
January 7th - February 18th
(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.

Navigating Grief During the Holidays

*Tuesday from 4:00–5:00pm
December 16th
(Charlottesville Office)*

Navigating the holidays without our loved ones can be incredibly challenging, whether it's the first season without them or many years later. Dealing with grief during the holidays requires a delicate balance, especially when cultural expectations emphasize joy and celebration.

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.

**Scan to
Learn More**

