



# 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](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  
January 7<sup>th</sup> - June 9<sup>th</sup>*

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 13<sup>th</sup> - June 9<sup>th</sup>*

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 3<sup>rd</sup> - March 31<sup>st</sup>*

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 12<sup>th</sup> - March 2<sup>nd</sup>*

Join this 8-week virtual grief support group led by Certified Grief Coach and HOP Volunteer Liz Honnoll, ACC. Using the B.R.E.A.T.H.E. coaching model, participants will learn practical tools to navigate loss, build resilience, and gently transform grief into peace and purpose — so you can breathe again. This is a closed group; consistent attendance is requested.

*See Other Side for  
More Groups*



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

## IN-PERSON GROUPS

### Grief Support Group

*Tuesdays from 1:00–2:00pm  
January 13<sup>th</sup> - March 3<sup>rd</sup>  
(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 7<sup>th</sup> - February 11<sup>th</sup>  
(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.

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**Scan to  
Learn More**



### Drop In Mending HeArts

*Mondays from 4:00–5:30pm  
January 7<sup>th</sup> - June 30<sup>th</sup>  
(Charlottesville Office)*

This drop-in expressive arts group offers a supportive, hands-on space to explore grief through creative practices such as collage, writing, painting, and mixed media. Using art as a language beyond words, participants are invited to honor loss, memory, and love while gently engaging a creative process of healing. This is not an art class, and no artistic experience is required.

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

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

## 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.*