



HOSPICE OF THE *Piedmont*

GRIEF AND HEALING

2026

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

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



GENERAL GRIEF

General Grief Group - Charlottesville

*Tuesdays from 1:00–2:00pm
March 31st - May 5th*

General Grief Group - Culpeper

*Wednesdays from 1:00–2:00pm
April 22nd - June 10th*

This group will offer a safe, supportive space to explore your experience of loss with others who understand. Each week we will discuss common themes of grief and learn coping strategies to help you find strength in community. Participants receive a guidebook of activities. The group builds connection over time, so please plan to attend most sessions.

General Grief Group - Virtual

*Wednesdays from 3:00–4:00pm
Available through June 10th*
Hosted Online via 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 us for a drop-in support group where grief related to any loss can be shared and supported. Participants can attend just once or as many times as needed.

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

*Mondays from 5:30 - 7:00pm
Next Start Date TBD*

Hosted Online via Zoom

This 8-week group helps participants set realistic goals, develop coping skills, and build resilience while navigating grief. B.R.E.A.T.H.E. is a 7-step coaching model that guides participants in transforming pain into peace and purpose. Because this is a structured group that builds connection week to week, participants are asked to attend most sessions.

Mending HeArts - Charlottesville

*Mondays from 4:00–5:30pm
Available Through June 30th*

This drop-in expressive arts group offers a supportive, hands-on space to explore grief through creative practices like collage, writing, painting, and mixed media. Using art as a language beyond words, participants can honor loss, memory, and love while engaging a gentle creative process of healing. No artistic experience is needed, and you're welcome to attend once or as often as it feels helpful.

See Other Side for More Groups

Some of our groups are structured and build from week to week, while others are drop-in and can be attended whenever it feels helpful. All sessions require registration in advance to join.

LOSS OF SPOUSE OR PARTNER

Loss of Spouse/Partner Women's Group - Virtual

Tuesdays from 4:00–5:00pm
Available Through June 9th

Hosted Online via Zoom

This is a drop-in group specifically for women who have lost a partner or spouse to connect with others who have experienced a similar loss. Participants can attend just once or as many times as needed.

Loss of Spouse/Partner Women's Group - Charlottesville

Wednesdays from 5:00 - 6:15pm
May 27th - July 8th

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. This is a structured group that builds connections from week to week, so we ask that you commit to attending most sessions.

YOUNG ADULT

Young Adult Loss Group - Virtual

Tuesdays from 1:00–2:00pm
Available Through March 31st
Returning May 5th - June 30th

Hosted Online via 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.

Participants can attend just once or as many times as needed.

Some of our groups are structured and build from week to week, while others are drop-in and can be attended whenever it feels helpful. All sessions require registration in advance to join.

LOSS OF A CHILD

Remembering Our Children - Hybrid

First Monday of The Month 5:30–6:30pm

Hybrid: Offered Online via Zoom or Charlottesville Office

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. Participants can attend just once or as many times as needed.

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

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



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