HOSPICE OF THE Piedmont

GRIEF AND HEALING

2026 - 2027

PRE-REGISTRATION IS REQUIRED FOR ALL GROUPS

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

NEW! - WORKSHOPS

An Empty Chair: Thanksgiving After Loss - Virtual

Monday, November 16th | 6:30 PM

Hosted Online via Zoom

As Thanksgiving approaches, the absence of a cherished face at the table can feel especially profound. Join us for a supportive virtual gathering where we will share gentle, practical strategies for navigating the days ahead, listening to your own needs, and honoring your grief.

Finding Peace at the Holidays - Charlottesville

Thursday, December 10th | 1:00 PM

December often brings a whirlwind of traditions and expectations, which can feel overwhelming when you are carrying the weight of loss. This holiday workshop offers a safe, supportive space to be seen, heard, and understood by others who are grieving.

GENERAL GRIEF

General Grief Group - Charlottesville

Tuesdays from 1:00–2:00pm
October 6th - November 10th

General Grief Group - Culpeper

Wednesdays from 1:00–2:00pm
August 12th - November 18th

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.

Navigating the River of Loss

Tuesdays from 5:30 - 6:30pm
October 13th - December 29th

Sentara Martha Jefferson Caregivers Center

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.

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.

See Other Side for More Groups

HOSPICE OF THE Piedmont

General Grief Group - Virtual

Wednesdays from 3:00–4:00pm
Available August 5th - January 6th
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.

Mending HeArts - Charlottesville

Mondays from 4:00–5:30pm
September 21st - November 16th

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.

LOSS OF SPOUSE OR PARTNER

Loss of Spouse/Partner Women's Group - Virtual

Tuesdays from 4:30–5:30pm
Available August 18th - December 8th
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
October 7th - November 18th

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
October 13th - December 1st
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.

LOSS OF A CHILD

Remembering Our Children - Hybrid

First Monday of The Month 5:30–6:30pm
Hybrid: Offered Online via Teams 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.

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