

BEREAVEMENT CALENDAR OF EVENTS

as of 2/03/11



Advance registration required for all events.

Bereavement Support Groups

Bereavement Support Group for Adults

Thursdays, March 3 - April 21, 2011, 1:00 - 2:30pm

Meet for eight consecutive weeks to learn about the grieving process and be with others who are grieving. These groups are for adults who have experienced the death of a loved one and three months have passed since the death.

CALL ASAP TO REGISTER!

• **Mondays, April 18 - June 6, 5:30 - 7:00pm**

• **Week of June 6 (dates and time to be determined)**

Remembering Our Children

**The 1st Monday of the month,
5:30 - 7:00pm**

If you are a parent or family member who has experienced the death of a child, we invite you to join us for education about grief and loss, support, and healing.



Men's Breakfast Club

**The 3rd Thursday of each month
at 8:30am**

**Location: the English Inn of
Charlottesville,
2000 Morton Drive (behind Emmett
Street Bodo's Bagels)**

Be part of a social gathering for men. Gain support through conversation and connection with other men experiencing the ups and downs of grief. (Breakfast buffet available, payable by attendee at front desk.)

Monthly Drop-In Support Sessions

Open bereavement support sessions for any adult who has been affected by the death of a friend or family member. This is an opportunity to discuss grief topics and receive support from others going through the grief process.

NOW IN 2 LOCATIONS!

**2nd Monday of the month
5:30 - 7:00pm
Hospice of the Piedmont
offices**

**2nd & 4th Fridays
of the month
3:00 - 4:30pm
Senior Center
1180 Pepsi Place
Charlottesville**

BEREAVEMENT CALENDAR UPDATED
REGULARLY ON WEBSITE: WWW.HOPVA.ORG

IN CASE OF INCLEMENT WEATHER, EVENTS
WILL BE CANCELLED IF THAT COUNTY'S
SCHOOLS HAVE BEEN CLOSED.

675 PETER JEFFERSON PARKWAY, SUITE 300, CHARLOTTESVILLE, VA 22911 • 434-817-6900 • 800-975-5501

Bereavement Workshops and Other Events

Beginning Your Grief Journey

Join us for a time of education and sharing for the newly bereaved. We will introduce basic grief concepts and provide time to begin to share the story of your loss in a group setting.

- **February 16:** Crozet, 1:00 - 3:00pm
- **March 2:** Albemarle County, 1:00 - 3:00pm
- **March 23:** Ruckersville, 6:00 - 8:00pm
- **April 6:** Albemarle County, 6:00 - 8:00pm
- **April 13:** Fluvanna County, 1:00 - 3:00pm
- **May 4:** Albemarle County, 1:00 - 3:00pm
- **June 1:** Albemarle County, 6:00 - 8:00pm

**In Albemarle County the 1st
Wednesday of each month!**



Spring Memorial Gathering

Tuesday, May 3, 6:30pm

Friends and family members of Hospice of the Piedmont patients who have died in the year since our last Spring Memorial gather together with Hospice of the Piedmont staff and volunteers to remember and honor their loved ones. As the date approaches, invitations to the event will be mailed.

Journeys Bereavement Program for Children, Teens and their Families

Journeys Support Group for Children, Teens and Parents

Thursdays, 5:30 – 7:00pm

Our 6-week groups create a safe space for families to find healing after a death. After dinner donated by a local restaurant, adults meet with a bereavement counselor while children/teens meet with an art therapist and use art to express their feelings. Activities and discussions are aimed at covering specific weekly topics and are designed to draw out memories, reflect on loss, and learn coping skills. The group is facilitated by a bereavement counselor and art therapists.



Spring Camp

**May 14, 2011 at
Camp Triple C**

Remember your loved ones with us in a day filled with activities, fun and food.



BEREAVEMENT CALENDAR UPDATED
REGULARLY ON WEBSITE: WWW.HOPVA.ORG

IN CASE OF INCLEMENT WEATHER, EVENTS
WILL BE CANCELLED IF THAT COUNTY'S
SCHOOLS HAVE BEEN CLOSED.

675 PETER JEFFERSON PARKWAY, SUITE 300, CHARLOTTESVILLE, VA 22911 • 434-817-6900 • 800-975-5501