

BEREAVEMENT CALENDAR OF EVENTS

As of 02-08-10

Registration required for all events.

Bereavement Support Groups

Bereavement Support Group for Adults

Thursdays, April 22 - June 10, 5:30 - 7:00pm

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.

Remembering Our Children

Ongoing Group meets the 1st and 3rd Mondays of the month, 6:00 – 7:30pm

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

Monthly Drop-In Support Group

The 2nd Monday of each month, 5:30 – 7:00pm

An open bereavement support group 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.

Bereavement Workshops and Other Events

Beginning Your Grief Journey

Join us for an evening 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.

March 31: Louisa County, 6:00 - 8:00pm

April 7: Albemarle County, 6:00 - 8:00pm

April 14: Augusta County, 1:00 - 3:00pm

April 21: Buckingham County, 1:00 - 3:00pm

April 28: Madison County, 1:00 - 3:00pm

May 5: Albemarle County, 1:00 - 3:00pm

May 12: Orange County, 6:00 - 8:00pm

LIVING WITH GRIEF WORKSHOP SERIES

A Deeper Understanding of Grief

Tuesdays, March 2, 9, & 16, 6:00 - 7:30pm

We are offering a three-week series of educational and supportive workshops geared toward facilitating a deeper understanding of the grief process.

Session 1, 3/2: Beyond Sadness: Exploring Emotional Responses to Grief

Session 2, 3/9: Navigating Grief in your World: Home, Work, Community

Session 3, 3/16: Rediscovering Life after Loss

A Life Remembered:

Creating a Remembrance Album

Friday, April 30, 4:00 - 8:00pm and/or

Saturday, May 1, 9:00am - 2:00pm

Join us to learn how to put together photos and stories creating an album celebrating the life of your loved one (s) who have died, or create a My Life Now album that shows your friends and interests since your loss, reminding you that life is moving forward.. Complete just a page or two or an entire album that can be shared with family and friends now and passed on to future generations.

Spring Memorial Gathering

May 18th, 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 Program

Journeys Program for Children, Teens and Parents

Tuesdays, 5:00 – 6:30pm

Participants in our 6-week sessions receive support and grief education. While parents meet with a bereavement counselor, children/teens meet with our art therapist and engage in creative self-expression as a means to explore their loss. Please call for additional information, the next dates and times of our sessions, and registration details.

Journeys Program Spring Camp — Save the Date!

Saturday, May 15, 2010

Remember your loved ones with us at Triple C Camp in Charlottesville in a day filled with activities, fun and food.