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FALL 2022

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## ZOOM GROUPS

### Drop-In Support Group for General Grief

*Wednesdays from 3:00–4:00pm*

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 in for a drop-in support group where grief due to any loss will be shared and supported. *Fall session begins September 7th and ends November 30th. Participants can attend just one time or as many times as needed.*

### Drop-In Caregiver's Group

*First Wednesday of the month  
from 1:00–2:00pm*

A psychoeducational virtual caregiver's group is a time for caregivers to give back to themselves; a time to process and discuss topics such as identity, anticipatory grief, and self-care. *Participants can attend just one time or as many times as needed.*

### Healing-Grief and the Holidays Workshop, Part I

*Monday, November 14th, 3:00–4:00pm*

Healing-grief can occur in spite of or even because of the holidays. As we head into the holiday season, those of us who have experienced loss may be feeling a wide range of emotions. Coupled with unrealistic expectations and commercial hype, the holiday season may seem more overwhelming than happy or merry. This is NORMAL. Under the best circumstances, holidays are stressful. Therefore, it's important to hold onto the hope that this season can be a positive experience, especially by connecting with others and considering some suggestions that may ease the stress. Please join us for a time to learn some tips and share your own practices and strategies for navigating the holidays.

## IN-PERSON GROUPS

### General Grief Group

*Thursdays from 5:30–6:30pm*

A facilitated eight-week support group offering participants an opportunity to explore grief themes and share strategies for navigating grief in a community of trust. A book and journal will be provided. *Starting September 15th and ending November 3rd.*

### Loss of Spouse/Partner Women's Group (Charlottesville)

*Tuesdays from 3:45–5:00pm*

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 group will be a structured group with guided reading. Books and journals will be provided. *Starting on October 11th and ending November 29th.*

## HYBRID GROUP

### Remembering Our Children (Zoom and in-person)

*First Monday of Every Month  
from 5:30–6:30pm*

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.

Pre-registration is required  
for all groups.  
Please call **434-817-6915**  
or email [griefandhealing@hopva.org](mailto:griefandhealing@hopva.org)

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