



WINTER 2022 / 2023

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. *Starting January 11th and ending March 29th. Participants can attend just one time or as many times as needed.*

Drop-In Loss of Spouse/Partner Women's Group

Mondays from 4:30–5:30pm

This will be an open drop-in process group specifically for women who have lost a partner or spouse to connect with those who have experienced a similar loss. *Starting January 9th and ending June 19th. Participants can attend just one time or as many times as needed.*

Winter Blues Workshop

Monday, January 23rd, 3:00–4:00pm

The winter season can be a joyful time and yet it can also bring down our spirits with dreary days and long, dark and cold nights. Many of us experience feelings of stress, fatigue, confinement, boredom, and a general sense of depression during this time of year. The facilitators of this online workshop will share ideas and positive steps to help us take care of ourselves mentally, physically, and spiritually, especially during the winter season.

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.

IN-PERSON GROUPS

General Grief Group (Charlottesville)

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 January 12th and ending March 2nd.*

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 January 10th and ending February 28th.*

Holiday Grief Workshop

Tuesday, December 13th, 5:30–6:30pm

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. Join us as we discuss the struggles particularly related to grieving during the holidays and how to best care for ourselves during this time.

Pre-registration is required for all groups.

Please call
434-817-6915

or email
register@hopva.org

