



# HOSPICE OF THE *Piedmont*

## GRIEF AND HEALING

SPRING 2023

### ZOOM GROUPS

#### **Drop-In Support Group for General Grief**

Tuesdays from 5:30–6:30pm

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 this drop-in support group where grief due to any loss will be shared and supported. *Tuesday group starting April 11th and ending May 2nd. 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 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.*

#### **Men's Grief Support Group**

Mondays from 12:00–1:00pm

This will be a structured group specifically for men who have lost someone. Participants will learn about the unique ways men grieve a loss and have an opportunity to talk with other men who are going through a similar experience. *Starting April 3rd and ending April 24th.*

### HYBRID GROUP

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

First Monday of 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 March 23rd and ending May 11th.*

#### **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 will be provided. *Starting on March 14th and ending May 9th.*

#### **Mother's Day Grief Workshop (Charlottesville)**

Saturday, May 6th, 3:00–4:30pm

Mother's Day can be a challenging time for anyone who has lost their mother or a mother figure. In this workshop, we will come together to share memories of our mothers, honor their gifts, and reflect on their continued presence in our lives by using expressive arts. We will provide supplies for the expressive arts activity.

Pre-registration is required for all groups.

Please call  
**434-817-6915**

or email

**register@hopva.org**

