



**CENTER for GRIEF & HEALING**  
A Hospice of the Piedmont Program

**\*JUNE, JULY & AUGUST SCHEDULE\***

**NEW! AND CONTINUING ZOOM GROUPS**  
(GROUPS WILL BE OFFERED VIRTUALLY AS LONG AS NEEDED.)

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

If you are a man who has experienced the death of a loved one, it may be helpful to talk with other men. Participants will learn about the unique ways that men grieve a loss, as well as have an opportunity to talk with other men who are going through a similar experience. **Meets on Mondays for 6 weeks, beginning July 6 and ending August 10 from 4 pm until 5:30 pm.**

### **Loss of Spouse/Partner Women's Group**

Our loss of a spouse or life partner support group provides a safe space to connect with other women who have experienced a similar loss. **Meets on Tuesdays for 6 weeks beginning July 7 and ending August 11, from 5 – 6pm.**

### **Remembering Our Children**

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. **Meets on the first Monday of the month from 5:30 pm until 7 pm.**

### **Grief Support for Mental Health Professionals**

Please join us for a monthly support meeting on the 4th Wednesday of each month **from 12 – 1pm; June 24, July 22, and August 26.** Each session will begin with an intentional practice or reflection followed by time to share and process.

*Pre-registration required; please let us know that you are a mental health professional and where you work when you call.*

**Drop-In General Grief Group Support – Wednesdays, June 10, 17, and 24 from 3-4pm**

GRIEF IS A UNIVERSAL EMOTION AND NATURAL PART OF HEALING. THE CENTER FOR GRIEF AND HEALING ALLOWS ADULTS, CHILDREN, FAMILIES, AND FRIENDS PROCESS THEIR LOSS AND HEAL AFTER THE DEATH OF A LOVED ONE IN A SUPPORTED, SAFE ENVIRONMENT. INDIVIDUAL SUPPORT AND A VARIETY OF SUPPORT GROUPS ARE AVAILABLE.

**IF YOUR LOSS IS RECENT, PLEASE CONTACT US BEFORE ATTENDING A GROUP**

**Pre-Registration required for all groups.**

Please Call [434-817-6915](tel:434-817-6915) to Register

We talk about them, not because we're stuck or because we haven't moved on, but we talk about them because we are theirs, and they are ours, and no passage of time will ever change that.

SCRIBBLES & CRUMBS