



General Grief Support Group

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. *Meets on Fridays for 8 weeks beginning September 25 from 3 – 4:30 pm.*

***Drop-In General Grief Group Support – Wednesdays,
beginning September 2, from 3-4pm***

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. This group will be a structured group with guided reading and journaling. Books and journals provided. **Meets on Tuesdays for 8 weeks beginning August 25 from 4 – 5:30pm.**

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 6:30 pm.**

Men's Grief Support Group

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 September 14 from 4 pm until 5:30 pm.**

Caregivers Support Group

Are you balancing the role of caregiver to a loved one in your life coping with a terminal illness? Join us for a Caregivers Support Group where you will find mutual support from others and learn tools to help you along your journey of caring. **Meets**

Pre-Registration required for all groups.
Please Call [434-817-6915](tel:434-817-6915) to Register

*** FALL GROUP SCHEDULE***

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

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**

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



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

*** FALL GROUP
SCHEDULE***

**NEW! ZOOM
GROUPS**

**(GROUPS WILL BE
OFFERED VIRTUALLY AS
LONG AS NEEDED.)**

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**

***Added – Loss of Spouse/Partner Women’s Support 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. This group will be facilitated, but unstructured to offer participants the opportunity to bring questions, share similar experiences and create a safe place for dialogue and expression.

Meets on Tuesdays for 8 weeks beginning September 8, from 10:30 – 11:30 am.

NEW! Navigating the River of Loss –

A Grieving Through Art Support Group

Four week group on Thursdays, October 8, 15, 22, & 29;

10:30am – 12pm by Zoom.

Poetry, writing, drawing/painting, and collage making offer a new ways of expressing your grief and telling your story. In this four week closed group we will use the arts in a group setting to gently explore your loss, reflect on meaning, and cultivate healing and hope. For more information, please call 434.817.6915. Space will be limited to eight participants. **Donation of \$40- for all four sessions – encouraged, but not required.**

Participants will receive a box of supplies and materials.



Pre-Registration required for all groups.

Please Call 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