



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 March 5 from 3 – 4:30 pm.*

**Drop-In General Grief Group Support – Wednesdays,
beginning January 6, from 3-4pm**

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 January 18 from 4 pm until 5:30 pm.**



Winter Blues Workshop

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, even when we are not dealing with grief and COVID-19 restrictions. In order to help address these concerns, Hospice of the Piedmont is offering at no charge a “Winter Blues Workshop” on **January 14, 2021 from 3:00 to 4:00pm**. 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.

Pre-Registration required for all groups.
Please Call [434-817-6915](tel:434-817-6915) or email bereavement@hopva.org

* Winter 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**





Pet Loss Workshop

Anyone who considers their pet to be a beloved family member knows the immense sorrow that accompanies the loss of their pet either by death or by disappearance. The bereavement staff at Hospice of the Piedmont recognizes that this loss is often made more difficult by others who may not understand and who may minimize the depth of your pain in losing a pet that you loved and continue to love.

In anticipation of the annual “Love Your Pet Day” (2/20/21), Hospice of the Piedmont will be offering on Friday, **February 19, 2021 from 2:00 to 3:00pm**, a free online “Pet Loss Workshop” that will provide helpful information about the healing-grief process related to pet loss. In addition, this workshop will offer an opportunity for participants to share their thoughts, feelings and insights with others who have similar experiences as well as to honor their pets through the online sharing of photographs and keepsakes.



Pre-Registration required for all groups.

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