



**Ongoing Drop-In General Grief Group Support
Wednesdays, from 3-4pm**

Grieving the loss of a loved one is a painful, yet natural part of healing. We're 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.

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.**

Loss of Spouse/Partner Group for Women

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. There will be a theme for discussion each week and time for open sharing. **Meets on Tuesdays for 8 weeks beginning June 1 from 6 – 7:30pm.**

COVID-Loss Workshop

If you have experienced the loss of a loved one due to COVID-19, we invite you to join us for grief education, support and healing. A grief counselor, social worker, chaplain and Director of Hospice Home Services will be present to provide information and support.

Meets on Tuesday, April 27 from 3:30-5pm

Pre-registration required for all groups.

Please Call 434-817-6915 or email bereavement@hopva.org

*** Spring 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**

