



**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.

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 Thursdays for 8 weeks beginning
June 10 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.**

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.**

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**

An internet-based, live conference: Grief, Loss, and Advocacy in BIPOC Communities

Dates: May 28-29, 2021 | Time: 9 a.m. - 4:30 p.m. | Registration Limit: 75 Participants

The need for grief support and training on grief support has never been more evident, particularly as we have accounted for more than 500,000 deaths from COVID-19. BIPOC (Black, Indigenous, and People of Color) communities are experiencing death at disproportionate rates, both as patients and as front-line health care workers. This reality, compounded by the fact that grief has been a steady companion for BIPOC communities for generations, calls for an intentional response and action. Grief education, intervention and training is a specialized discipline and not required by most professional training programs, yet grief and loss is a daily experience of living. Training those who serve as leaders in BIPOC communities will allow for a wider reach of intervention and support. Hospice of the Piedmont's *Center for Grief & Healing*, in collaboration with Operation Social Equality and The Arrow Project, offers this conference to provide a supportive and safe forum for exploring grief and healing.