

July 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.**

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.**

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 June 21 from 4 pm until 5:30 pm.**

Happiness Workshop

H.A.P.P.I.N.E.S.S. -what brings it back, how do we find it again?
A fun, interactive workshop which will help you work through your grief by finding, examining what you and others can do to find the sunny side once again. **Thursday July 15 from 3-4:30pm.**

Pre-registration required for all groups.

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

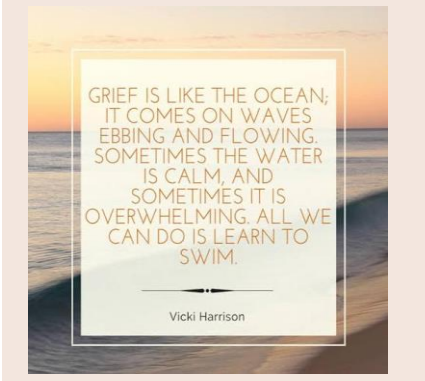
*** Summer Group Schedule***

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**



GRIEF IS LIKE THE OCEAN;
IT COMES ON WAVES
EBBING AND FLOWING.
SOMETIMES THE WATER
IS CALM, AND
SOMETIMES IT IS
OVERWHELMING. ALL WE
CAN DO IS LEARN TO
SWIM.

Vicki Harrison