



Drop-In General Grief Support Groups

Wednesdays in September via Zoom, from 3 – 4pm
(will take a pause in August...)

Grieving the loss of a loved one is a painful, yet natural part of healing. We are 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 Mondays, starting in September 13, from 4- 5:15 pm via Zoom.**

Loss of Spouse/Partner Women's Group via Zoom

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 September 9, 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 via Zoom (for the time being.)**

Pre-registration required for all groups.

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

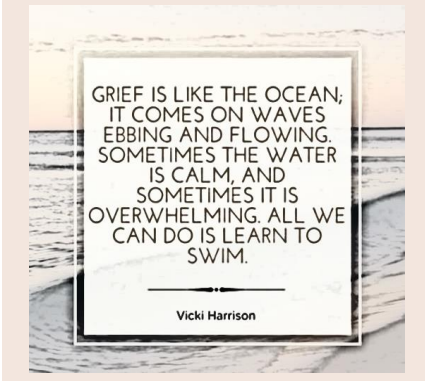
* Summer Group Schedule*

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



BECOME A HOSPICE OF THE PIEDMONT VOLUNTEER!

Do you want to make a difference in the lives of the people in your community?

Are you caring and compassionate?

Can you make one visit a week to help a hospice patient or family member?

Hospice of the Piedmont is seeking volunteers for a variety of roles, including those with specialties such as certified pet therapists, certified massage therapists, and military veterans in the counties of Albemarle, Augusta, Buckingham, Culpeper, Fauquier, Fluvanna, Greene, Louisa, Madison, Nelson, Orange and Rappahannock.

All volunteer roles are non-medical. Training is an on-line course making it easier than ever to train from home!

Complete an application at www.hopva.org or contact Patty Swain at (434) 817-6917 to learn more about what HOP volunteers do.

Hospice of the Piedmont is the oldest and most respected nonprofit, community-based hospice serving central and northern Virginia. We provide end-of-life care to our neighbors with life-threatening illnesses and offer extensive grief support services at no cost to patient's families, loved ones, and the entire 12-county region we service.

