



General Grief Drop-In Support Group

Wednesdays in September via Zoom, from 3 – 4pm

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 8 Week 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. Registration closes September 10.**

Transitions

NEW! and In-PERSON

**Fridays in October from 3-4:30 pm @ The Center
540 Belvedere Blvd, Charlottesville**

A drop-in group which meets for 10 weeks beginning **October 1**, and then breaks for 2 weeks before beginning again. This work group will focus on people still adjusting to **loss after a year or more**, who are now feeling “stuck” and needing additional support in re-establishing personal contacts connections, and sense of purpose in life. The focus is on self-determined “steps” rather than “cure”. First 10 weeks will be to learn and discover ourselves and each other. Last 2 weeks is to practice what we have learned.

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.**

Pet Loss Workshop

Monday, October 4, 2021 from 5:00 to 6:00pm

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. This workshop will provide helpful information about the healing-grief process related to pet loss. In addition, there will be 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.

*** Fall 2021 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**

**Pre-registration is
required for all groups.**

Please call 434-817-6915 or
email
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