



**\*\*\*\*Zoom Groups\*\*\*\***

**Drop-In Support Group for General Grief**  
**Wednesdays 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.

This group begins **January 5, 2022** and end on **March 30, 2022**.

Participants can join drop-in group at any time.

**Loss of Spouse/Partner Women's Group Via Zoom**

Our loss of a spouse or life partner support group provides a safe place 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 are provided. **Meets on Mondays, starting on January 10th from 4- 5:15 pm and ending February 28th.**

**Remembering Our Children via Zoom**

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 5:30pm until 6:30pm.**

**Caregiver's Group Drop-In Group**

A virtual care givers group is a time for caregivers to give back to themselves.

A time to process things such as identity, anticipatory grief, and self-care.

Please join us where we will provide space to those who are constantly helping other, help themselves. Meets on Wednesdays, **Starting January 12th from 1-2pm and ending March 2nd.**

Participants can join this drop-in group at any time.

**Flowing with Grief**

A virtual Grief Yoga class using movement, breath, and sound to honor and access your grief, while releasing the pain and suffering that may be stored in your body. **\*No Yoga Experience Required. Meets on the 3<sup>rd</sup> Wednesday of every month 6-7pm.**

**General Grief 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 Tuesdays, starting on January 4th, 2022 from 7-8:15pm.**

**Registration closes January 1<sup>st</sup>.**

**\* Winter 2022 Group  
Schedule\***

**NEW! AND  
CONTINUING  
ZOOM GROUPS**

(GROUPS WILL BE  
OFFERED VIRTUALLY AS  
LONG AS NEEDED.)

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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.

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**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  
groupregistration@hopva.org**

## Grief 101: What Grief Is and Some Ways to Manage It (Virtual Class)

When grief enters our lives, our world changes. Learn the basics of grief and how to manage it in your life. Attendees will explore the grief process, learn self-care strategies, and discover ways to help others who are dealing with grief. Free and open to the public. **A four-part series running from Jan. through April 2022, with a different topic for each class. Last Thursdays of the month for four months: January 27, February 24, March 24, and April 28, at 5:30 pm – 7:00 pm on Zoom.**

**\*\*\*\*\*In-Person!\*\*\*\*\***

### Transitions Group

The transition group is geared toward people still adjusting to loss after a year or more, who are now feeling “stuck” and in need of additional support in re-establishing personal contacts, connections, and a sense of purpose in life. The focus is on life rather than death, positive thinking, and self-determined action rather than “cure”.

It will be part education, part support, and will include both tears and laughter. It is free and open to the public.

This group will meet on **Fridays from 3-4:30** at the **Center at Belvedere in C'ville** for 8 (to 10) weeks beginning **January 14, 2022** and facilitated by a licensed professional.



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

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### Winter Blues Workshop

The winter season can be a joyful time and yet it can also bring down our spirits with dreary days and long, dark and cold nights. Many of us experience feelings of stress, fatigue, confinement, boredom and a general sense of depression during this time of year, even when we are not dealing with grief and COVID-19 restrictions. In order to help address these concerns, Hospice of the Piedmont is offering at no charge a “Winter Blues Workshop” on **Monday, January 10<sup>th</sup> from 3:00-4:00pm**. The facilitators of this online workshop will share ideas and positive steps to help us take care of ourselves mentally, physically and spiritually, especially during the winter season.

*Each person's grief is an individual as a snowflake. ~ David Kessler*

