

SPRING 2022

ZOOM GROUPS

Drop-In Support Group for General Grief

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. We will be offering two separate times and days for drop in. **The first group begins Thursdays April 7 from 7-8:15p.m., and ends June 2. The second group will begin Wednesdays May 4 from 3-4:00p.m. and end on July 27. Participants can join drop-in group at any time.**

Loss of Spouse/Partner Women's Group

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 March 21 from 4-5:15 pm and ending May 2.

Drop-In Loss of Spouse/Partner Women's Group

This will be a process group specifically for women those who have lost a partner/spouse to have a continued place to connect with those who have experience a similar loss. Meets on Tuesdays, starting on March 15 from 4:30-5:30 pm and ending June 14. **Must have completed another HOP 8-week group to register.**

Drop-In Caregiver's 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 April 6 from 1-2 p.m. and ending May 25. **Participants can join this drop-in group at any time.**

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 5:30-6:30 p.m.



***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
groupregistration@hopva.org**



GRIEF 101: WHAT GRIEF IS AND SOME WAYS TO MANAGE IT (VIRTUAL CLASS)

Four week series May 5 – May 26, 2022
Different topic for each class
5–6:30 p.m. on Zoom

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.

REMEMBERING OUR MOTHERS EXPRESSIVE ARTS WORKSHOP – IN PERSON!

Saturday, April 30 from 3–4:30 p.m.
675 Peter Jefferson Pkwy in Charlottesville

Join the Center for Grief and Healing staff for a time to honor and reflect on your mother or mother-figure. We will come together in this workshop to share memories of our mothers, honor their gifts, and reflect on their continued presence in our lives. We will provide supplies for the expressive arts activity.



PET LOSS WORKSHOP VIA ZOOM

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. The bereavement staff at Hospice of the Piedmont recognizes that this loss is often made more difficult by others who may not understand and who may minimize the depth of your pain in losing a pet that you loved and continue to love.

Hospice of the Piedmont will be offering on Monday, May 16, 3–4 p.m., a free online “Pet Loss Workshop” that will provide helpful information about the healing-grief process related to pet loss. In addition, this workshop will offer 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.



Pre-registration required for all groups. Please Call 434-817-6915 or email grouppregistration@hopva.org