

SUMMER 2022

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. Summer session begins May 4 and ends on July 27. *Participants can attend just one time or as many times as needed.*

Drop-In Caregiver's Group

A virtual caregiver's group is a time for caregivers to give back to themselves; a time to process things such as identity, anticipatory grief, and self-care. Meets on Wednesdays, Starting July 6 from 1–2pm and ending August 31. *Participants can attend just one time or as many times as needed.*

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

This will be an open process group specifically for women who have lost a partner or spouse to connect with those who have experienced a similar loss. Meets on Mondays, starting August 8 from 4:30–5:30pm.

Men's Grief Support Group

Participants will learn about the unique ways men grieve a loss, as well as have an opportunity to talk with other men who are going through a similar experience. Meets on Thursdays, starting July 14 through August 18 from 3–4pm.

Remembering Our Children (Zoom and in-person)

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 every month from 5:30–6:30 pm.



IN-PERSON GROUPS

General Grief Group (Charlottesville)

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 5:30 – 6:30pm, starting on July 7 and ending September 1. Registration for the group will close June 28.

Loss of Spouse/Partner Women's Group (Charlottesville)

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. Books and journals will be provided. Meets on Tuesdays, starting on August 9 from 4–5:15pm.

Grief is a universal emotion and a natural part of healing. *The Center for Grief and Healing* offers services for adults, children, families, and friends to process their loss and to heal after the death of a loved one in a supportive and 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