

Bereavement Calendar of Events

As of 1/25/12



Advance registration required for all events.

Beginning Your Grief Journey Workshop — First Wednesday of Every Month!

Join us for a time of education and sharing for the newly bereaved. We will introduce basic grief concepts and provide time to begin to share the story of your loss in a group setting.

- February 1: 6:00 - 8:00pm
- March 7: 1:00 - 3:00pm
- April 4: 6:00 - 8:00pm
- May 2: 1:00 - 3:00pm

Men's Breakfast Club

The 3rd Thursday of each month at 8:30am

*Location: the English Inn
of Charlottesville,
2000 Morton Drive*

(behind Emmett Street Bodo's Bagels)

Be part of a social gathering for men. Gain support through conversation and connection with other men experiencing the ups and downs of grief. (Breakfast buffet available, payable by attendee at front desk.)

Remembering Our Children

The 1st Monday

of the month

5:30 - 7:00pm

If you are a parent or family member who has experienced the death of a child, we invite you to join us for education about grief and loss, support, and healing.

Bereavement Support Groups for Adults

Wednesdays, March 21 - May 9,

2:00 - 3:30pm

Meet for eight consecutive weeks to learn about the grieving process and be with others who are grieving. These groups are for adults who have experienced the death of a loved one and three months have passed since the death.

CALL ASAP TO REGISTER!

Drop-In Support Sessions

Open bereavement support groups for any adult who has been affected by the death of a friend or family member. This is an opportunity to discuss grief topics and receive support from others going through the grief process.

- 2nd Monday of the month, 5:30 - 7:00pm, Hospice of the Piedmont offices
- 2nd & 4th Fridays of the month, 3:00 - 4:30pm, Senior Center, 1180 Pepsi Place, Charlottesville



Support Group for Children, Teens and Parents

Thursdays, 5:30 - 7:00pm

Our 6-week groups create a safe space for families to find healing after a death. After dinner donated by a local restaurant, adults meet with a bereavement counselor while children/teens meet with an art therapist and use art to express their feelings. Activities and discussions are aimed at covering specific weekly topics and are designed to draw out memories, reflect on loss, and learn coping skills.



New sessions begin:

- March 8
- May 3

Save the Date!

Journeys Program Spring Camp April 28, 2012 at Camp Triple C

Remember your loved ones with us in a day filled with activities, fun and food.



Journeys registration forms are available at our website www.hopva.org for you to print out and mail.

All bereavement services are offered at no charge due to the generosity of community contributors. Please contact us (434.817.6900) for more information or to register.

BEREAVEMENT CALENDAR UPDATED
REGULARLY ON WEBSITE: WWW.HOPVA.ORG

IN CASE OF INCLEMENT WEATHER, EVENTS WILL BE
CANCELLED IF THAT COUNTY'S SCHOOLS HAVE
BEEN CLOSED.