



NOW OFFERING IN 2021

Virtual Grief Support

NEVER STOP HEALING.

Our active grief support team is still here for you and your patients. In this time of isolation, we want to let you know about our virtual grief support groups offered to the community. Our groups are open to the public and free of charge.

YEARLONG OFFERINGS

Brave New World

Wednesdays | 2:00-3:30 PM EST

A weekly support group for widows, widowers & partners

Healing Hearts Family Night

1st and 3rd Thursdays | 6:00-7:15 PM EST

A healing place for children ages 5 and up, in concurrence with a separate adult group for parents and caregivers.

Suicide Loss Support Group

1st and 3rd Tuesdays | 11:30-1:00 PM EST

Overdose Loss Support Group

1st Tuesdays | 11:30-1:00 PM EST

Caregiver Support Group

1st Tuesdays | 10-11 AM or 4-5 PM EST

Grief 101

1st Tuesdays | 5:30-6:30 PM EST

AS

6-WEEK PROGRAMS

Living with Your Grief | 5:30-7:00 PM EST

Tuesdays 1/19/21-2/23/21

Tuesdays 3/23/21-4/27/21

Tuesdays 5/25/21-6/29/21

Tuesdays 8/17/21-9/21/21

Tuesdays 10/19/21-11/23/21

(423) 805-7112

Holidays

SPECIAL PROGRAMS

Teen Tuesdays

March 2, 9, and 16 | 6:30-8:00 PM EST

November 2, 9, and 16 | 6:30-8:00 PM EST

Kids Camp

June 1-4 for children ages 5-12

August 2-6 for children ages 5-12

Creativity in Your Grief

February 9 | 5:30-7:00 PM EST

May 11 | 5:30-7:00 PM EST

August 10 | 5:30-7:00 PM EST

November 9 | 5:30-7:00 PM EST

Homicide Survivor Support Group

March 9, 16, 23, and 30 | 5:30-6:30 PM EST

National Day of Remembrance for Pregnancy and Infant Loss

Memorial Service Oct. 15, 2021 | 5:30 PM EST

Hope for the Holidays

November 11 | 5:30-7:00 PM EST

December 9 | 11:30-1:00 PM EST

Viviendo Con Su Dolor

9, 16, y 23 de febrero | 5:30-7:00 PM EST

Este grupo en español ofrece esperanza y apoyo a quienes están de luto.

Please register by calling 423-805-7112 (toll free 1-888-340-7830)
or emailing grief@alleohealth.org

**Most groups are limited to 10 people. Additional groups may be added to meet the needs of the community.*

