

# Blue Ridge Hospice invites you and your family on a journey of Healing and Hope.

We understand grief is unique and personal. The Grief Support Department at Blue Ridge Hospice offers an array of services designed to meet the needs of people who are experiencing grief. Grief counselors are available for support throughout your grief journey.

Please call (540) 313-9214 for information and registration.

## Program Offerings April - May - June 2018

### Broken Silence | WINCHESTER

This monthly support group is for family and friends who have survived the suicide of a loved one.

#### 1st Tuesday of Each Month

5:30 – 7:00 PM

333 W. Cork St., 2nd floor

*Pre-registration is required.*

### Circle of Support | WINCHESTER

This monthly support group is for those who are grieving the loss of a loved one.

#### 3rd Thursday of Each Month

3:00 – 4:30 PM

333 W. Cork St., 2nd floor

*Pre-registration is now required.*

### Journey Through Grief | WINCHESTER

This six-week educational discussion-oriented series focuses on growth through grief and is designed for any person who has experienced the loss of a loved one. *There will be a \$22 fee to cover the cost of the book and handouts.*

333 W. Cork St., 2nd floor

*Pre-registration and a minimum number of participants is required.*

### Music for the Soul | WINCHESTER

This six week long music therapy-based grief support series is designed for adults who have experienced the loss of a loved one. Through the use of music and other activities, participants will have the opportunity to identify and work through feelings associated with their loss.

333 W. Cork St., 2nd Floor

*Pre-registration and a minimum number of participants is required.*

### Writer's Circle | BERRYVILLE

Set aside some intentional time to reflect upon your grief experience. Writing prompts and music will be employed to give your grief a voice and a shift in perspective.

#### 4th Thursday of Each Month

3:00 – 4:30 PM

1025 W. Main St.

*Pre-registration is required.*

### Steppin' Out Lunch Bunch | WINCHESTER

#### Second Thursday of Each Month

11:30 AM – 1:00 PM

**April 12** Village Square Restaurant, 103 N. Loudoun St.

**May 10** Café del Sol, 50 Featherbed Lane

**June 14** Firefly Café, 3035 Valley Avenue #101

*Pre-registration is required. Registrants are responsible for all costs associated with lunch purchase.*

### At Your Own Pace | WINCHESTER

A meditative walking journey through grief designed to assist you in refreshing both mind and body.

#### 2nd Tuesday of Each Month

4:00 – 5:00 PM

Rose Hill Park/The Museum of the Shenandoah Valley

1871 Jones Road

*Pre-registration is required.*

### Remembrance Service | WINCHESTER

Join us for a candlelight service to remember those that have passed. Please bring a small, unframed photograph of your loved one.

#### Thursday, May 17

6:00 PM

Christ Episcopal Church, 114 W. Boscawen Street

### Individual Grief Counseling

Confidential counseling is available by calling (540) 313-9214.

*Your generous donations allow us to continue to provide services at no charge.*



### Grief Support Services

333 West Cork Street  
Winchester, Virginia 22601

Registration/Referral Line —  
(540) 313-9214