



Alive Hospice Grief Support



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The Grief Center at Alive offers revolutionary bereavement care designed to meet the specific needs of both grieving children and adults. No other hospice in Middle Tennessee offers the extensive programs that we do. Our diverse programming options allow us to support you throughout your entire grief journey. We believe grief is a natural, normal response to loss that doesn't require a "cure." Rather, our goal is to assist and encourage you while you learn to integrate the loss into your life, so that the heartache of grief feels more manageable over time. Our professional grief counselors have specialized training and decades of experience assisting grieving individuals and families using evidence-based counseling techniques.

Individual, family, and couples counseling is available to adults and children (ages three and up) who have experienced the death of someone significant to them. While we recognize that each person's experience with grief is unique, most of our clients begin to feel relief after several counseling sessions. Counselors and clients work together to create a personalized treatment plan to address specific goals.

Alive offers day camps and an overnight teen retreat designed specifically for young grievers. All are open to anyone in the community ages 6-17 who has experienced the death of someone significant. Led by Alive's grief counselors and trained volunteers, campers will explore grief through age-appropriate discussion, activities, and memorialization. Campers also participate in a wide variety of classic camp activities that promote fun, courage, and creativity.

Additionally, Alive offers programming year-round for all members of the family, from preschooler's who participate in Little Hearts Club to Spousal Loss support groups. Quarterly workshops are designed for individuals and families to memorialize, heal, and come together in community.

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