

# Grief Support Services

We offer grief support to our hospice caregivers and to anyone who lives in our service area and is affected by death, dying, and grief. We serve all ages through a variety of services entirely free of cost.

## INDIVIDUAL COUNSELING

Our trained counselors are dedicated to providing grief support services. Short-term, grief-focused counseling services are offered in person, by phone, and virtually.

## RECURRING GROUPS FOR ADULTS

### Lunch Bunch

*1st Thursday of each month | 11:30 AM - 1:00 PM | Bluemont Station, Bluemont, VA \*NEW LOCATION*

*2nd Tuesday of each month | 11:30 AM - 1:00 PM | West Oaks Farm Market, Winchester, VA \*Se habla Español*

*4th Tuesday of each month | 11:30 AM - 1:00 PM | Woodstock Café, Woodstock, VA*

Meet other adults who have experienced the death of a loved one in a relaxed environment. Monthly gathering for a shared meal and companionship through grief.

### Continuum

*1st Thursday of each month | 5:15 PM | Meets virtually via Zoom*

This monthly support group is for those who have accessed other grief support services and are continuing to grieve the loss of a loved one.

### Death Café

*4th Thursday of each month | 10:30 - 11:30 AM | Bowman Library, Stephens City, VA* Let's talk about life by talking about death. Death Café is a welcoming causal space where people can gather to discuss death-related topics openly and comfortably – over coffee, tea, and cake! ***This isn't a grief support group or a counseling session.***

### Healing Hearts at Oak Hart Farm

*3rd Monday of each month, May - September, 2026 | 9:30 - 11:30 AM | Oak Hart Farm, Berryville, VA*

A grief support group rooted in therapeutic horticulture. Tend to your grief through meaningful plant-related activities at a tranquil vegetable and flower farm. Hands-on, expertly guided experiences encourage personal growth as we embrace the cycles and seasons of life while growing food for local community. ***\*Prior gardening experience not required.***

## UPCOMING EVENTS

### Touchstones: A Six-Session Workshop on Understanding Your Grief

*Tuesdays, May 5, 12, 19, 26 & June 2, 9 | 2:00 - 3:15 PM | Center for Hope & Healing, Winchester, VA*

The grief journey can feel like wandering through a wilderness of emotions. Join us to meet others grieving the death of a loved one and explore the path forward after loss. Participants will be provided a copy of *Understanding Your Grief* by Dr. Alan Wolfelt as guiding material through “the ten essential touchstones for finding hope and healing your heart.”



## CHILDREN, TEENS & YOUNG ADULT OFFERINGS

### Adventures through Grief

**Teens (ages 13-17)** meet every other Monday | 5:00 - 7:30 PM | Center for Hope & Healing, Winchester, VA

**Teens (ages 13-17)** meet every Tuesday | 5:45 - 7:45 PM | BRC Thrift Shop, Purcellville, VA

**Young Adults (ages 18-24)** meet 4th Wednesday monthly | 5:30 - 8:00 PM | Handley Library, Winchester, VA

Using table-top role-playing games, we will embark on journeys, tackle obstacles, and play our way to a new understanding of grief. Made possible through philanthropic support provided by the New York Life Foundation.

### Family Exploring Grief through Equine-Assisted Learning

**Saturday, May 16 | 11:00 AM - 1:00 PM | Trillium Farm near Purcellville**

A workshop for families with children held at Trillium Farm in Loudoun County, VA in partnership with Holistic Horsemanship Services 501(c)3. Gain insights into your unique experience of grief through hands-on activities like horse grooming, horse leading, and obstacle courses.

### Smash & Build

**Saturday, May 9 | 10:00 - 11:30 AM | Center for Hope & Healing, Winchester, VA**

Join us as we break ceramics, pick up the pieces, and rebuild the parts into something new and beautiful. For individuals and families with children who have experienced the loss of a loved one. All supplies are provided.

### Family Camp

**Saturday, June 6, 2026 | Oak Spring Garden Foundation, Upperville**

Our first family camp! For families with children age 6-17 grieving the loss of a loved one. This will be a day of honoring, planting, and playing as families remember the person they lost. Transportation from Winchester will be provided.

### Camp Kaleidoscope

**Saturday, September 12, 2026 | Poor House Farm Park, Martinsburg, WV**

We're excited to bring our annual Grief Children's Camp to West Virginia! A full day for children ages 6-17 to connect, remember, and play alongside others who have experienced the loss of someone.

Pre-registration is required.

For more information, to pre-register for groups, or to schedule an individual counseling session, contact us:

 **(540) 313-9275**  **[griefsupport@blueridgecare.org](mailto:griefsupport@blueridgecare.org)**

 **Center for Hope & Healing**

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**Blue Ridge Care**

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