

Horizon Grief Resource Center

11002 W Park Place
Milwaukee, WI 53224
(414) 586-8383

www.horizonhch.org/grc

Grief Resource Center

Program Schedule for Spring/Summer 2025

Grief 101: An Introductory Class on Grief and Healing

Are you new to grief? This series of four classes will help new and seasoned grievers understand the grief process and how to navigate through. The four classes will run continuously, each of the four weeks covering unique topics. Participants may join at any point in the cycle and participate in the classes as many times as you like.

NO REGISTRATION REQUIRED. EVERY THURSDAY 4:00PM-5:00PM.

Class 1: Getting the Lay of the Land

Class 2: Navigating the Ups & Downs

Class 3: Exploring New Territory

Class 4: Honoring the Journey

Free Short-Term Grief Counseling

Grief counseling is an opportunity to share about your loved one, talk about your loss, learn about the grief process, find ways to cope effectively and adjust to life after a death. Talking about loss and sharing feelings is one way to reduce the intensity of grief. Our Licensed Professional Counselors, Kayla Waldschmidt & Hillary Pioletti are available Monday through Friday for individual, couples, or family short-term counseling. All services are free of charge and available to anyone experiencing grief. Each person has five sessions available to them and there is no time limit in which sessions need to be used.

To schedule an appointment, call (414) 586-8383.

Ongoing Weekly Support Groups

These groups meet weekly. However, you are not required to attend each week. Before your first time attending a group session, you will need to contact the Grief Resource Center at (414) 586-8383 to speak with a bereavement counselor and fill out opening paperwork.

Death of a Spouse/Partner Support Group - EVERY THURSDAY 12:30PM-2:00PM

All new members start in this group.

**Second Phase Death of a Spouse/Partner Support Group - EVERY THURSDAY
10:00AM-11:30AM**

Permission from facilitator required to attend this group.

Short Term Support Groups

To participate in these support groups, participants will be required to fill out paperwork provided by the Grief Resource Center before the group begins. Please note, all support groups need a minimum of 5 registrants to run unless otherwise listed. You can register by calling us at (414) 586-8383 or by using this link <https://www.surveymonkey.com/r/springGRC2024>

Increase Your Happiness & Wellbeing (Multiple Session Workshop)

Participants will experiment with four models for increasing happiness and wellbeing throughout this six week group, including the Miracle Morning and Creativity Cure. Participants will then build their own personal model of happiness and wellbeing. This multi session workshop is being offered two different times on this schedule.

TUESDAYS APRIL 29TH - JUNE 3RD 4:00PM-5:30PM

WEDNESDAYS JULY 23RD - AUGUST 27TH 9:00AM-10:30AM

Creative Soul Searching Group

Who am I now? How do I navigate life going forward? Life transitions, change, grief and loss impact our sense of identity as well as our dreams and future plans. This eight week group will use Melody Ross's Creative Soul Searching curriculum to help you discover who you are now and connect to yourself. We'll create an art journal using cut & paste curriculum. All supplies provided. No creative skills or art journaling experience necessary. This group is being offered two different times on this schedule.

TUESDAYS MAY 6TH - JUNE 24TH 10:00AM-12:00PM

TUESDAYS JULY 8TH - AUGUST 26TH 3:30PM-5:30PM

Expressing Grief Through Poetry

This short term support group will provide participants with the opportunity to explore different styles of poetry writing as a creative outlet to express grief. Each week of this 6-part series will focus on a different form of poetry writing. Participants will be supported to practice expressing their own thoughts and feelings about grief by writing their own poems during the group. All supplies will be provided. No prior experience with creative writing or poetry is needed. Minimum of 3 registrants required.

TUESDAYS MAY 6TH - JUNE 10TH 1:00PM-2:30PM

Writing to Heal

This six week group helps you process and heal from your grief through a variety of writing exercises and activities. All supplies will be provided. Minimum three and a maximum of five registrants required to run this free group. Registrants are required to attend all six sessions. We are offering this short term group two different times on this schedule.

FRIDAYS MAY 9TH - JUNE 13TH 2:00PM-3:30PM

WEDNESDAYS JUNE 11TH - JULY 16TH 9:00AM-10:30AM

Soul Book Experience (Multi-session workshop)

Soul Book is a soulful artsy project that is fun to make and deeply meaningful and personal at the same time. You'll create a beautiful chunky Soul Book full of all of the things your beautiful heart knows, but sometimes forgets. You'll fill it with reminders of important things you may have forgotten about yourself...things we don't ever want to forget. You are So, SO invited! Everyone can make a Soul Book. You don't have to be an experienced artist to enjoy this fun project. I'll take you step by step through the process of making your own special Soul Book. You'll enjoy working with a variety of art supplies and tools. A beautiful kit is provided for you to make it easy to create your very own Soul Book. You can make your Soul Book as beautifully simple or as artsy and creative as you like!

MONDAYS JUNE 2ND - JUNE 16TH 3:00PM-5:30PM

GRC Book Club: *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* by Megan Devine

Join us for a 4-part guided discussion about Megan Devine's new way to approach grief. Each week we will discuss a section of *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*. A wonderful learning opportunity for anyone grieving a loss or supporting someone else through grief. Books not provided but participants can find this title at any local library. Please plan to attend all sessions. Minimum of 3 registrants required.

FRIDAYS JUNE 6TH - JUNE 27TH 9:00AM-10:30AM

Loss of a Sibling

This eight-week support group is for any adult (18+ years old) who has lost a sibling. Each week will focus on a different aspect of grieving a sibling. Participants are required to attend the first meeting and asked to be present for all 8 sessions. Participants may attend this support group no more than two times.

WEDNESDAYS JUNE 25TH - AUGUST 13TH 2:30PM-4:00PM

Loss of a Parent

This eight-week support group is for any adult (18+ years old) who has lost a parent. Each week will focus on a different aspect of grieving a parent. Participants are required to attend the first meeting and asked to be present for all 8 sessions. Participants may attend this support group no more than two times. Minimum 5 registrants required to run this group.

MONDAYS JULY 7TH - AUGUST 25TH 4:00PM-5:30PM

Workshops

Please note, all workshops need a minimum of 5 registrants to run unless otherwise listed. You can register for workshops by calling us at (414) 586-8383 or by using this link

<https://www.surveymonkey.com/r/springGRC2024>

Shattering Grief

This workshop will provide a unique approach to naming the emotions surrounding loss of a loved one, letting go of regrets, and reconnecting with life without them through an interactive project. Registrants are asked to bring a photo of your loved one. Minimum of 3 registrants required.

WEDNESDAY APRIL 16TH 2:00PM-4:00PM

WEDNESDAY MAY 14TH 9:00AM-11:00AM

MONDAY JUNE 23RD 3:30PM-5:30PM

TUESDAY JULY 22ND 10:00AM-12:00PM

FRIDAY AUGUST 8TH 1:30PM-3:30PM

Drum Circle

Drum circles create a fun, supportive, and safe environment to lose yourself in the rhythm and beat. Be creative as we improvise rhythms on a variety of instruments such as bongos, tubanos, shakers, and other small rhythm instruments. Drumming in a community creates space to be creative and free. No music experience necessary. Minimum 3 participants required to run the drum circle.

Drum circles are held the first Thursday of each month from 4:00PM-5:15PM

APRIL 3RD, MAY 1ST, JUNE 5TH, AUGUST 7TH, SEPTEMBER 4TH, OCTOBER 2ND, NOVEMBER 6TH & DECEMBER 4TH.

There will be no drum circle on July 3rd, 2025.

Truth Cards Workshop

Need some inspiration or a pep-talk to help you cope with your loss or life stressors? Use cut & paste journaling to create little Truth Cards with the words you need to hear. Tuck them in your purse, wallet, or hang them on your mirror to soothe your heart and soul, and provide inspiration and motivation.

WEDNESDAY APRIL 23RD 2:00PM-4:00PM

WEDNESDAY JUNE 18TH 2:00PM-4:00PM

FRIDAY JULY 25TH 2:00PM-4:00PM

Shades of Grief

You may have heard the phrase “Each person’s grief is unique” and found you had more questions than answers. How can we appreciate our differences while grieving without comparing each other? We wouldn’t compare the beauty of a rainbow with the sparkle of a shooting star; both are extraordinary in their own way. Join us for this creative workshop where participants will use watercolors to express themselves through an intuitive art project. All supplies provided. No prior experience with watercolors or any artistic background needed. Maximum of 8 participants.

FRIDAY APRIL 25TH 10:00AM-12:00PM

Journaling for Grief

Journaling is a great way to get in tune with how you are feeling, gain insight into yourself, as well as see the changes in your grief journey. Learn and experiment with basic written journaling techniques and learn about art journaling.

WEDNESDAY APRIL 30TH 2:00PM-3:30PM

What Do I Tell Them? Tips for Talking with Children about Death and Grieving

This educational presentation is for adults seeking information about how to support a child who is grieving the loss of a loved one or pet. This workshop will also identify additional resources available such as books, online resources, grief camps and more tailored for grieving children and their families.

FRIDAY MAY 2ND 2:30PM-3:30PM

Hearts to Hold (Creative Project)

Sometimes we need a little comfort and encouragement. Come stitch a small felt heart for yourself or as a gift for someone else. These hearts fit in the palm of our hands. You can write an inspirational message to yourself to put inside your heart or stamp an inspirational word on the front of your heart to remind you what you need to know to get through a tough time. No creative talent or previous stitching experience required. Anyone can learn this simple project. All supplies will be provided.

THURSDAY MAY 8TH 2:30PM-4:00PM

Honoring Our Mothers

As we approach Mother's Day grief may intensify for those who have experienced the loss of a mother. Join us for a creative project to honor mothers who have passed away. This group is open to those grieving the loss of any motherly figure who brought love and light into your life. All art supplies provided.

FRIDAY MAY 9TH 11:30AM-1:00PM

Mindfulness & Grief Workshop

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Come learn and practice mindfulness skills to help you navigate your grief.

WEDNESDAY MAY 14TH 2:30PM-4:00PM

Coping with Loneliness After a Loss

Many people identify feeling lonely after the death of a loved one. Even when people have support from family and friends, loneliness can persist during grief. This workshop will explore reasons why loneliness is so common following a loss and offer suggestions for coping.

WEDNESDAY MAY 21ST 2:00PM-3:00PM

What do I do with this? Handling belongings

Going through our loved ones belongings can be overwhelming and heartbreaking. Come learn strategies to help you decide what to keep and what to let go of. We'll talk about ways to honor your loved one and their legacy through the belongings you chose to keep or give to family & friends. And we'll give you suggestions for where to donate the items you chose to let go.

WEDNESDAY JUNE 4TH 2:30PM-4:00PM

Handling Anger & Guilt

Guilt and anger can be two of the most persistent and intense feelings during grief. This workshop will give you tools to handle both tumultuous feelings.

TUESDAY JUNE 10TH 3:30PM-5:30PM

Honoring Our Fathers

Holidays such as Father's Day take on a new meaning following the loss of a father. Join us for a creative project to honor biological fathers, adopted fathers, stepfathers, and any important father figures who have passed away. Participants need to bring an article of clothing that belonged to their loved one that they are comfortable cutting and repurposing for this project. All other supplies provided.

WEDNESDAY JUNE 11TH 1:00PM-2:30PM

Who Am I Now? Rebuilding Identity & Purpose After a Loss

The loss of a loved one can cause a shockwave of changes across all areas of a person's life. Relationships, daily routines, activities and even our values can shift during grief causing us to feel confused about our place in the world. This workshop will present ways to reconnect with what's important as people rebuild life after loss.

TUESDAY JUNE 17TH 4:00PM-5:30PM

S.E.L.F. Care Workshop

Did you know that you can practice self-care in 15 minutes a day? Come learn the powerful tools of S.E.L.F. care and how you can integrate it into the fabric of your day—no money or extravagant tools necessary. Practice tools that will give you peace and calm amidst the storm of grief and for life in general.

FRIDAY JUNE 27TH 1:00PM-3:00PM

Cultivating Joy

Grief can feel like having bad days and worse days. It can be valuable to take breaks from grieving to connect with things that bring you joy. This workshop will look into the science of happiness to help people learn ways to be intentional about increasing the enjoyment of the everyday.

FRIDAY JULY 11TH 1:00PM-2:30PM

Grief or Depression?

Grief and Major Depressive Disorder share some characteristics that can make us wonder; is this how grieving feels or is this something else? Join us for an informational presentation about similarities and differences between grief and depression. Please be advised that this workshop is not a substitute for psychological evaluation or medical advice.

TUESDAY JULY 15TH 11:00AM-12:00PM

