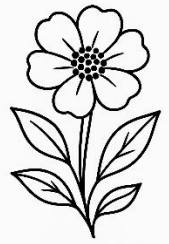


Horizon Grief Resource Center



Program Schedule April-July 2026

11002 W Park Place Milwaukee, WI 53224

www.horizonhch.org/grc (414)586-8383

April:

**3rd: A Lump in my Throat & A Pit in my Stomach:
Physical Responses to Grief:** 12pm-1pm

**6th: GRC Book Club: *Resilient Grieving* by Lucy
Hone, PhD:** 4pm-5:30pm

**7th: Mile Markers: Coping with Landmarks on Your
Grief Journey:** 1pm-2pm

9th: Drum Circle: 4pm-5:15pm

**10th: Living Through Loss: Grief of Dementia
Patients and Their Caregivers:** 10am-12pm

**15th: Getting a Handle on Grief: What Is and Isn't
in Your Control:** 2:30pm-4pm

17th: Truth Cards: 1pm-4pm

22nd: Shattering Grief: 2pm-4pm

30th: Sleep & Grief: 2:30pm-3:30pm

May:

**1st: GRC Book Club: *Always a Sibling* by Annie
Sklaver Orenstein:** 9am-10:30am

1st: Writing to Heal: 2:30pm-4pm

**4th: Who Am I Now? Rebuilding Identity & Purpose
After a Loss:** 1pm-2:30pm

4th: Soul Book Experience: 3pm-5:30pm

5th: Develop a Journaling Practice: 12:30pm-2pm

7th: Hearts to Hold: 2:30pm-5:30pm

8th: Honoring Our Mothers: 2:30pm-4pm

13th: Shattering Grief: 9am-11am

13th: Truth Cards: 1pm-4pm

14th: Drum Circle: 4pm-5:15pm

19th: Show & Share: 4pm-5pm

20th: Grieving for Myself: Secondary Losses:
2:30pm-4pm

26th: Mindfulness & Grief: 2:30pm-4pm

27th: Cultivating Joy: 2pm-3:30pm

June:

1st: Loss of a Parent: 4pm-5:30pm

2nd: Increase Your Happiness & Wellbeing: 10am-
11:30am

3rd: HeART & Hands Grief Support Group: 2:30pm-
4pm

5th: Alter my Life: 12:30pm-2pm

9th: Loss of a Sibling: 12:30pm-2pm

**9th: Disappointed No More-How to Use your
Support System Correctly:** 4pm-5:30pm

10th: Rebuilding Relationships: 11:30am-12:30pm

11th: Drum Circle: 4pm-5:15pm

15th: Handling Anger & Guilt: 1pm-2:30pm

19th: Honoring Our Fathers: 2:30pm-4pm

26th: What do I do with this? Handling Belongings:
12:30pm-2pm

29th: S.E.L.F. Care Workshop: 12:30pm-2:30pm

30th: Shattering Grief: 3pm-5pm

July:

7th: Coping with Anxiety After Loss: 4:30pm-5:30pm

8th: Picking Up the Pieces: 9am-10:30am

9th: Drum Circle: 4pm-5:15pm

10th: Hope in a Jar: 1pm-3pm

14th: Writing to Heal: 10am-11:30am

14th: Creative Soul Searching: 3pm-5:30pm

15th: Shades of Grief: 1pm-3pm

17th: Shattering Grief: 1pm-3pm

22nd: Journaling for Grief: 1pm-2:30pm

23rd: Coping with Loneliness After Loss: 2:30pm-3:30pm

27th: Honoring our Loved Ones & Our Grief through Gratitude: 1pm-2:30pm

31st: GRC Book Club: *Making the Best of What's Left: When We're Too Old to Get the Chairs* Reupholstered by Judith Viorst: 2pm-3:30pm

Our Services

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, Please 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-2pm**
 - All new members start in this group
 - **Second Phase Death of a Spouse/Partner Support Group: Every Thursday 10am-11:30am**
 - Permission from the facilitator is 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/horizonGRC>

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/horizonGRC>

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.
 - **Every Thursday 4pm-5pm, No Registration Required!**
 - **Class 1: Getting the Lay of the Land**
 - **Class 2: Navigating the Ups and Downs**
 - **Class 3: Exploring New Territory**
 - **Class 4: Honoring the Journey**

We will be closed on Monday, May 25th, and Friday, July 3rd

Descriptions in Alphabetical Order

A Lump in my Throat & A Pit in my Stomach: Physical Responses to Grief:

Did you know it is common for our bodies to respond to our feelings of grief? This workshop will review the physical sensations associated with grief, along with techniques to help increase body awareness and skills for self-soothing. Please be advised that this workshop is not a substitute for medical advice.

Friday, April 3rd 12pm-1pm

Alter my Life

Learn a three step process to alter your life. This workshop will walk you through shifts you can make in everyday activities to create peace of mind, happiness, and fulfillment.

Friday, June 5th 12:30pm-2pm

Coping with Anxiety After Loss

Have you found yourself worrying more in the aftermath of a loss? Many people do not consider anxiety to be associated with grief, but it is common to feel anxious after the death of a loved one. Learn how to identify and cope with anxiety in this workshop.

Tuesday, July 7th 4:30pm-5:30pm

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.

Thursday, July 23rd 2:30pm-3:30pm

Creative Soul Searching

Who am I now? How do I navigate life going forward? Life transitions, change, grief and loss impact on 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.

Tuesdays, July 14th-September 1st 3pm-5:30pm

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.

Wednesday, May 27th 2pm-3:30pm

Develop a Journaling Practice

Journaling provides emotional, physical and mental health benefits. Come explore a multitude of journaling exercises throughout this six week group. By the end, you'll have established a journaling habit and developed your own personal journaling practice that works for you. Minimum 3 registrants are required to run this free group.

Tuesdays, May 5th-June 9th 12:30pm-2pm

Disappointed No More- How to Use your Support System Correctly

It's normal to feel as if your support system isn't showing up for you the way you want them to in grief. Come to learn how to use your support system effectively, so that you can meet your needs.

Tuesday, June 9th 4pm-5:30pm

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 community creates space to be creative and free. No music experience necessary. This workshop is offered each month and can be attended multiple times.

Thursday, April 9th 4pm-5:15pm

Thursday, May 14th 4pm-5:15pm

Thursday, June 11th 4pm-5:15pm

Thursday, July 9th 4pm-5:15pm

Thursday, August 13th 4pm-5:15pm

Getting a Handle on Grief: What Is and Isn't in Your Control:

Do you feel like you've lost control amidst the uncertainty of grief and loss? This workshop will identify what is, and what is not within our control. Being able to know the difference and make peace with what we cannot change can be a powerful tool to help get a handle on grief.

Wednesday, April 15th 2:30pm-4pm

GRC Book Club: *Always a Sibling* by Annie Sklaver Orenstein

Join us for a 4-part guided discussion about Annie Sklaver Orenstein's book, *Always A Sibling*. This book is about the author's experience grieving the death of her brother and feeling like a "forgotten mourner". Each week we will discuss a section of the book and themes related to sibling loss. Books are not provided but participants can find this title at any local library. Please plan to attend all meetings of this multi session workshop.

Fridays, May 1st-22nd 9am-10:30am

GRC Book Club: *Making the Best of What's Left: When We're Too Old to Get the Chairs Reupholstered* by Judith Viorst

Join us for a discussion about beloved author Judith Viorst's memoir about aging, widowhood and finding meaning in life's final years. This book is dedicated to her late husband and offers candid and humorous reflections on the "final fifth" of life addressing topics such as the death of loved ones, changing roles of adult children and the absurdities of growing older. Books are not provided but can be found at your local library.

Friday, July 31st 2pm-3:30pm

GRC Book Club: *Resilient Grieving* by Lucy Hone, PhD

Join us for a 4-part guided discussion about the book *Resilient Grieving*. Author and resilience/well-being expert Lucy Hone was faced with her own inescapable sorrow when her daughter was killed in a car accident. By following the strategies of resilient grieving, she found a proactive way to move through her grief, and, over time, embrace life again. Each week we will discuss a section of the book. Books are not provided but participants can find this title at any local library. Please plan to attend all meetings of this multi session workshop.

Mondays, April 6th-27th 4pm-5:30pm

Grieving for Myself: Secondary Losses

We not only grieve our loved one, but we grieve for all the ways that life shifts and changes because they are not here. People often think they are having a "pity party" or "feeling sorry for themselves", when in fact, they are experiencing the most painful part of grief—the grief for themselves. Come learn about secondary losses and how to help yourself cope with this immense pain.

Wednesday, May 20th 2:30pm-4pm

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.

Monday, June 15th 1pm-2:30pm

HeART & Hands Grief Support Group

Explore your grief and emotions through simple projects and activities using your hands and creativity. No artistic skills required. Registrants required to attend all six sessions. Minimum 3 registrants are required to run this free group.

Wednesdays, June 3rd-July 8th 2:30pm-4pm

Hearts to Hold

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 7th 2:30pm-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. All art supplies are provided.

Friday, June 19th 2:30pm-4pm

Honoring our Loved Ones & our Grief through Gratitude

We gather to share gratitude practices and rituals which honor our loved ones and our grief. Although gratitude is an overused word in our culture, especially in November each year, it is an important skill which helps us develop resiliency.

Monday, July 27th 1pm-2:30pm

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 are provided.

Friday, May 8th 2:30pm-4pm

Hope in a Jar

What gives you hope? Join us for a creative project which will help you access hope daily. All supplies will be provided.

Friday, July 10th 1pm-3pm

Increase Happiness and Wellbeing

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.

Tuesdays, June 2nd-July 7th 10am-11:30am

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, July 22nd 1pm-2:30pm

Living Through Loss: Grief of Dementia Patients and Their Caregivers

Living with a dementia diagnosis brings a specific type of grief for those with the illness, their caregivers and loved ones. This workshop will provide information about ambiguous loss, anticipatory grief, and many other themes related to the experience of grieving through dementia. Two different models will be presented to help better understand this unique type of grief. Participants will also learn skills to cope with difficult emotions and strengthen support networks.

Friday, April 10th 10am-12pm

Loss of a Parent Support Group

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 are required to run this group.

Mondays, June 1st-July 20th 4pm-5:30pm

Loss of a Sibling Support Group

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. Minimum 5 registrants are required to run this group.

Tuesdays, June 9th-July 28th 12:30pm-2pm

Mile Markers: Coping with Landmarks on Your Grief Journey

Events such as birthdays, anniversaries, and holidays can be daunting while grieving the loss of a loved one. It is common for grief to intensify during these times. Learn about ways to prepare for your own significant dates that become landmarks on your journey through grief.

Tuesday, April 7th 1pm-2pm

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.

Tuesday, May 26th 2:30pm-4pm

Picking Up the Pieces

Take some time to pause and focus on you. We invite you to renew, strengthen & balance. This group is an opportunity to honor how the past has shaped who you have become, release what you no longer need, and focus on bringing yourself into balance and harmony. Registrants are required to attend all eight groups. Minimum 5 registrants are required to run this free group. Your loss must have occurred at least 9 months ago to participate in this group. Please note: This group will not focus on your grief. If you are looking for an opportunity to talk about the person you lost, how they died, or what your grief experience has been, please see our support group schedule.

Wednesdays, July 8th-August 26th 9am-10:30am

Rebuilding Relationships

The loss of a loved one changes our relationships.

Rebuilding social support is not always easy and this workshop shares helpful suggestions for people interested in improving their social network. Learn ways to set healthy boundaries and strengthen your relationships with others.

Wednesday, June 10th 11:30am-12:30pm

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.

Monday, June 29th 12:30pm-2:30pm

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 comparison? 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.

Wednesday, July 15th 1pm-3pm

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. This workshop is offered each month and can be attended once.

Wednesday, April 22nd 2pm-4pm

Wednesday, May 13th 9am-11am

Tuesday, June 30th 3pm-5pm

Friday, July 17th 1pm-3pm

Show & Share

This workshop is like show and tell for the grieving community. Bring an object that belonged to your loved one to share with the group. Participants can tell a story about what they brought to honor the memory of their loved one. No digital content please, tangible items only!

Tuesday, May 19th 4pm-5pm

Sleep and Grief

This educational presentation will identify reasons why people have trouble sleeping after the death of a loved one. Sleep disruption is a problem people often report during grief, and this workshop will provide some practical suggestions to get better sleep. Please be advised that this workshop is not a substitute for medical advice.

Thursday, April 30th 2:30pm-3:30pm

Soul Book Experience

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 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. 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, May 4th-18th 3pm-5:30pm

Truth Cards

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 in your mirror to soothe your heart and soul and provide inspiration and motivation. This workshop is offered each month and can be attended multiple times.

Friday, April 17th 1pm-4pm

Wednesday, May 13th 1pm-4pm

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.

Friday, June 26th 12:30pm-2pm

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. Many different aspects of our identity 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.

Monday, May 4th 1pm-2:30pm

Writing to Heal Support Group

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 are required to run this free group. Registrants are required to attend all six sessions.

Fridays, May 1st-June 5th 2:30pm-4pm

Tuesdays, July 14th-August 18th 10am-11:30am