

Horizon Grief Resource Center



Program Schedule January-April 2026

11002 W Park Place Milwaukee, WI 53224

www.horizonhch.org/grc

(414)586-8383

January:

8th: Drum Circle: 4pm-5:15pm
12th: Shattering Grief: 3:30pm-5:30pm
13th: Writing to Heal: 12:30pm-2pm
13th: Loss of a Sibling: 4pm-5:30pm
15th: GRC Book Club: *The Hot Young Widows Club* by Nora McInerny: 2:30pm-3:30pm
19th: Sleep and Grief: 2pm-3pm
26th: Truth Cards: 3:30pm-5:30pm
28th: Shades of Grief: 2pm-4pm

February:

2nd: Journaling for Grief: 1pm-2:30pm
2nd: Loss of a Parent: 4pm-5:30pm
4th: Increase Happiness and Wellbeing: 2:30pm-4pm
11th: Writing to Heal: 9am-10:30am
11th: Coping with Loneliness After a Loss: 12pm-1pm
12th: Stitching Hearts to Hold: 2:15pm-3:45pm
12th: Drum Circle: 4pm-5:15pm
13th: Shattering Grief: 9am-11am
13th: Creative Soul Searching: 1:30pm-4pm
16th: Truth Cards: 12:30pm-2:30pm
17th: Coping with Anxiety after Loss: 10am-11am
19th: How to Sit with & Communicate Your Grief with Others: 2:30pm-4pm

March:

4th: Grief or Depression: 3pm-4pm
9th: Shattering Grief: 1pm-3pm
10th: Coping with Loneliness After Loss: 2:30pm-3:30pm
12th: Drum Circle: 4pm-5:15pm
16th: Soul Book Experience: 12:30pm-3:30pm
17th: Speaking Grief Documentary Screening & Panel Discussion: 3pm-5:30pm
18th: Truth Cards: 2pm-4pm
24th: Writing to Heal: 4pm-5:30pm
26th: What Do I Tell Them? Tips for Talking with Children about Death and Grieving: 2:30pm-3:30pm

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
22nd: Shattering Grief: 2pm-4pm
30th: Sleep & Grief: 2:30pm-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**

How to Sit with & Communicate Your Grief with Others by Wyatt Kinner, PsyD

- Grief can make interacting with others more difficult. Whether it's managing the grief reactions or knowing how to talk about your grief, this workshop aims to help better prepare you for the unique situations that grief can bring forth.
 - **Thursday, February 19th 2:30pm-4pm**

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

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, February 17th 10am-11am

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, February 11th 12pm-1pm

Tuesday, March 10th 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.

Fridays, February 13th-April 10th 1:30pm-4pm

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, January 8th 4-5:15pm

Thursday, February 12th 4pm-5:15pm

Thursday, March 12th 4pm-5:15pm

Thursday, April 9th 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: *The Hot Young Widows Club* by Nora McInerny

Join us for a 4-part guided discussion about grief, not just for those who have survived the death of a spouse, but for anyone who has loved someone who died, or who has loved someone who loved someone who died. In the span of a few weeks, Nora McInerny had a miscarriage, lost her father to cancer, and lost her husband due to a brain tumor. In the author's own words, "You don't have to be married, you don't have to be young, and your hotness is innate and inarguable to me. If the person you were spending your life with dies? You're in the club." Books are not provided but participants can find this title at any local library. Please plan to attend all sessions. Minimum of 3 registrants required.

Thursdays, January 15th-February 5th 2:30pm-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

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.

Wednesday, March 4th 3pm-4pm

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.

Wednesdays, February 4th-March 11th 2:30pm-4pm

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.

Monday, February 2nd 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, February 2nd-March 30th 4pm-5:30pm

No group on 2/23/25

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, January 13th-March 10th 4pm-5:30pm

No group on 2/24/25

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

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, January 28th 2pm-4pm

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.

Monday, January 12th 3:30pm-5:30pm

Friday, February 13th 9am-11am

Monday, March 9th 1pm-3pm

Wednesday, April 22nd 2pm-4pm

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.

Monday, January 19th 2pm-3pm

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, March 16th-30th 12:30pm-3:30pm

Speaking Grief Documentary Screening & Panel Discussion

Join us for a screening of the documentary, *Speaking Grief*, which features diverse representations of grief through candid interviews with seven families from across the country whose losses range from stillbirth to suicide. After the screening, professionals from local organizations with experience supporting people through grief will discuss key themes from the documentary and address questions from audience members.

Space is limited, please register on the GRC website or by calling (414) 586-8383.

Tuesday, March 17th 3pm-5:30pm

Stitching 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, February 12th 2:15pm-3:45pm

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.

Monday, January 26th 3:30pm-5:30pm

Monday, February 16th 12:30pm-2:30pm

Wednesday, March 18th 2pm-4pm

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 death 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.

Thursday, March 26th 2:30pm-3:30pm

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.

Tuesdays, January 13th-February 17th 12:30pm-2pm

Wednesdays, February 11th-March 18th 9am-10:30am

Tuesdays, March 24th-April 28th 4pm-5:30pm