

Horizon Grief Resource Center

Program Schedule July-October 2026

11002 W Park Place Milwaukee, WI 53224

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



July:

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

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

8th: Truth Cards: 2pm-4pm

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

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

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

17th: Shattering Grief: 1pm-3pm

20th: Soul Book Experience: 3pm-5:30pm

21st: Writing to Heal: 10am-11:30am

21st: Creative Soul Searching: 3pm-5:30pm

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

28th: HeART and Hands Grief Support Group: 1pm-2:30pm

29th: Develop a Journaling Practice: 2:30pm-4pm

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

August:

11th: Shattering Grief: 2pm-4pm

13th: Drum Circle: 4pm-5:15pm

18th: Show & Share: 4pm-5:30pm

19th: Photography for Grief: 2:30pm-4pm

21st: What Do I Tell Them? Tips for Talking with Children about Death and Grieving: 8:30am-9:30am

28th: Truth Cards: 1pm-4pm

September:

2nd: Writing to Heal: 12:30pm-2pm

10th: Drum Circle: 4pm-5:15pm

11th: Mile Markers: Coping with Landmarks on Your Grief Journey: 1pm-2pm

14th: Shattering Grief: 3:30pm-5:30pm

15th: Show & Share: 4pm-5:30pm

21st: Truth Cards: 12:30pm-3:30pm

22nd: GRC Book Club: *Everything is Horrible and Wonderful* by Stephanie Wittles Wachs: 4pm-5:30pm

28th: Self-Love Workshop: 1pm-2:30pm

October:

2nd: Shattering Grief: 10am-12pm

5th: Develop a Journaling Practice: 4pm-5:30pm

6th: Loss of a Parent: 10am-11:30am

8th: A Lump in my Throat & a Pit in my Stomach: Physical Responses to Grief: 2:30pm-3:30pm

8th: Drum Circle: 4pm-5:15pm

12th: Who am I Now? Rebuilding Identity & Purpose After a Loss: 12:30pm-2pm

16th: Getting a Handle on Grief: What Is and Isn't in Your Control: 9am-10:30am

20th: Show & Share: 4pm-5:30pm

23rd: GRC Book Club: *The Hot Young Widows Club* by Nora McInerny: 1pm-2:30pm

28th: Grief or Depression: 1pm-2pm

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 3 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**

Join us Tuesday, July 14th 1pm-5pm for our 20th Anniversary Open House!

- **Meet Our Counselors**
- **Tour Our Space**
- **Activities**



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.

Thursday, October 8th 2:30pm-3:30pm

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 21st-September 8th 3pm-5:30pm

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.

Wednesdays, July 29th-September 2nd 2:30pm-4pm

Mondays, October 5th-November 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, July 9th 4pm-5:15pm

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

Thursday, September 10th 4pm-5:15pm

Thursday, October 8th 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.

Friday, October 16th 9am-10:30am

GRC Book Club: *Everything is Horrible and Wonderful* by Stephanie Wittles Wachs

Join us for a one-time discussion about the book *Everything is Horrible and Wonderful*, a memoir by Stephanie Wittles Wachs about her grief after her loving and accomplished brother died of an overdose. Books are not provided but participants can find this title at any local library.

Tuesday, September 22nd 4pm-5:30pm

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: *The Hot Young Widows Club* by Nora McInerny

Join us for a one-time 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.

Friday, October 23rd 1pm-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.

Wednesday, October 28th 1pm-2pm

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.

Tuesdays, July 28th-September 1st 1pm-2:30pm

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

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

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

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.

Tuesdays, October 6th-November 24th 10am-11:30am

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.

Friday, September 11th 1pm-2pm

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

Photography for Grief

This six-week support group will explore the use of photography as a creative way to express grief. Group activities will involve the use of personal photographs and taking pictures with your own camera. No special photography equipment is required, any electronic device with a camera or any type of camera will work for these activities. Minimum of three registrants required. Registrants are required to attend all six sessions.

Wednesdays, August 19th-September 23rd 2:30pm-4pm

Self-Love Workshop

Let's debunk the myth that self-love is selfish! This workshop will focus on the importance of self-love to improve mental health and wellbeing.

Participants will learn about effective ways to practice self-love.

Monday, September 28th 1pm-2:30pm

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.

Friday, July 17th 1pm-3pm

Tuesday, August 11th 2pm-4pm

Monday, September 14th 3:30pm-5:30pm

Friday, October 2nd 10am-12pm

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, August 18th 4pm-5:30pm

Tuesday, September 15th 4pm-5:30pm

Tuesday, October 20th 4pm-5:30pm

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, July 20th-August 3rd 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.

Wednesday, July 8th 2pm-4pm

Friday, August 28th 1pm-4pm

Monday, September 21st 12:30pm-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, August 21st 8:30am-9:30am

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

The loss of a loved 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, October 12th 12:30pm-2pm

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, July 21st-August 25th 10am-11:30am

Wednesdays, September 2nd-October 7th 12:30pm-2pm