

Horizon Grief Resource Center

Program Schedule August-November 2025

11002 W Park Place Milwaukee, WI 53224

www.horizonhch.org/grc

(414)586-8383

August:

7th: Drum Circle

8th: Shattering Grief

13th: Truth Cards

19th: Expressing Grief Through Poetry

21st: A Lump in My Throat and a Pit in My Stomach:
Physical Responses to Grief

27th: What do I Tell Them? Tips For Talking to Children
About Death and Grieving

September:

3rd: Loss of a Sibling

4th: Drum Circle

5th: Coping with Anxiety After Loss

9th: Increase your Happiness and Wellbeing

9th: Shattering Grief

10th: Truth Cards

16th: Soul Book Experience

17th: Writing to Heal

22nd: Journaling for Grief

29th: Depression and Grief in Older Adults

October:

2nd: Drum Circle

3rd: Getting a Handle on Grief: What Is and Isn't in your
Control

6th: Loss of a Parent

6th: Creative Soul Searching

7th: Meditations for Grief

7th: Writing to Heal

10th: Truth Cards

16th: Mile Markers: Coping with Landmarks on your Grief
Journey

17th: Mindfulness and Grief Workshop

21st: S.E.L.F. Care Workshop

24th: Handling the Holidays

29th: Shattering Grief

29th: Handling Anger and Guilt

November:

4th: What do I do with this? Handling Belongings

5th: GRC Book Club: *The Phone Booth at the Edge of the
World* by Laura Imai Messina

5th: Handling the Holidays

6th: Drum Circle

7th: Who am I Now? Rebuilding Identity and Purpose After a
Loss

7th: Soul Book Experience

11th: Truth Cards

12th: Shattering Grief

18th: Coping with Loneliness after Loss

18th: Handling the Holidays

19th: Honoring our Loved Ones and our Grief through
Gratitude

December:

4th: Drum Circle

8th: Handling the Holidays

10th: Truth Cards

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/springGRC2024>

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>

Grief 101: An Introductory Class on Grief and Healing

- Are you new to grief? This series of four classes will help new and seasoned griever 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**

Depression and Grief in Older Adults

- Join us for an educational presentation about how mental health and grief impact older adults. Our knowledgeable presenter for this event is Doctor Elizabeth Bukowy, who specializes in geriatric and palliative medicine. Doctor Bukowy's expertise on this topic also comes from her roles as an associate professor at the Medical College of Wisconsin & Froedtert Hospital and as a certified nursing home medical director. This presentation could benefit seniors who are curious about the intersection of depression and grief, or those who would like to learn more to support an older adult in their lives. Please be advised that this workshop is not a substitute for medical advice.
 - **Monday September 29th 2pm-3pm**

No classes 9/1, 11/27, 12/24, 12/25 1/1!

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 August 21st 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.

Friday September 5th 1pm-2pm

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.

Tuesday November 18th 3pm-4pm

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.

Mondays October 6th-November 24th 1pm-3pm

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 August 7th 4pm-5:15pm

Thursday September 4th 4pm-5:15pm

Thursday October 2nd 4pm-5:15pm

Thursday November 6th 4pm-5:15pm

Thursday December 4th 4pm-5:15pm

Expressing Grief Through Poetry Support Group

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 group. All supplies will be provided. No prior experience with creative writing or poetry is needed. Minimum of 3 registrants required.

Tuesdays August 19th-September 23rd

10:30am-12pm

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 3rd 1pm-2:30pm

GRC Book Club: *The Phone Booth at the Edge of the World* by Laura Imai Messina

Join us for a 4-part guided discussion about the international bestselling fiction novel, *The Phone Booth at the Edge of the World* by Laura Imai

Messina. Each week we will discuss a section of the book and themes related to grieving, family, hope and rebuilding a life after 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.

Wednesdays November 5th-November 26th 12:30pm-2pm

Handling Anger and 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.

Wednesday October 29th 8:30am-10:30am

Handling the Holidays Workshop

It is normal for grief to intensify during the holiday season. Come learn tools and strategies to navigate through the last two months of the year. We'll discuss how to develop a plan for yourself and your family. This workshop is offered multiple times but has the same content each time.

Friday October 24th 2:30pm-4pm

Wednesday November 5th 2:30pm-4pm

Tuesday November 18th 4pm-5:30pm

Monday December 8th 4pm-5:30pm

Honoring our Loved Ones and 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.

Wednesday November 19th 2:30pm-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.

Tuesdays September 9th-October 14th 1:00-2:30 pm

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 September 22nd 4pm-5:30pm

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.

Mondays, October 6th-November 24th

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.

Wednesdays, September 3rd-October 22nd 2:30pm-4pm

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.

Thursday October 16th 2:30pm-3:30pm

Mindfulness and Grief

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.

Friday October 17th 12:30pm-2pm

S.E.L.F. Care

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.

Tuesday October 21st 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.

Friday August 8th 1:30pm-3:30pm

Tuesday September 9th 3:30pm-5:30pm

Wednesday October 29th 2pm-4pm

Wednesday November 12th 8:30am-10:30am

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!

Tuesdays September 16th-30th 3:30pm-5:30pm

Fridays November 7th-21st 1pm-3pm

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 August 13th 1:30pm-3:30pm

Wednesday September 10th 8:30am-10:30am

Friday October 10th 2pm-4pm

Tuesday November 11th 1pm-3pm

Wednesday December 10th 2pm-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.

Tuesday November 4th 2pm-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 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.

Wednesday August 27th 3pm-4pm

Who Am I Now? Rebuilding Identity and 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.

Friday November 7th 10:30am-12pm

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.

Wednesdays September 17th-October 22nd 9am-10:30am

Tuesdays October 7th-November 11th 4pm-5:30pm