



UPCOMING GUEST SPEAKERS

Wyatt Kinner, PsyD:

How to Sit with & Communicate Your Grief with Others

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

Speaking Grief Documentary Screening & Panel Discussion

Horizon's Grief Resource Center invites you to join us for a public screening of the documentary *Speaking Grief* followed by a panel discussion. The documentary features diverse representations of grief through candid interviews with seven families from across the country whose losses range from stillbirth to suicide. Moving away from the idea that grief is a problem to be "fixed", the documentary validates grief as a normal, healthy part of the human experience. 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. Our panelists are Kimberly Szymanski, Manager of Volunteer Services at Horizon; Jacob Waterworth, Licensed Funeral Director and Director of Operations at Krause Funeral Home; Jeannie Davies, Administration Manager and Life Celebrant at Krause Funeral Home; Wyatt Kinner PsyD, Psychotherapist at Tosa Psychological Services.

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

Please call us at (414)586-8383 or go to www.surveymonkey.com/r/horizonGRC to register!