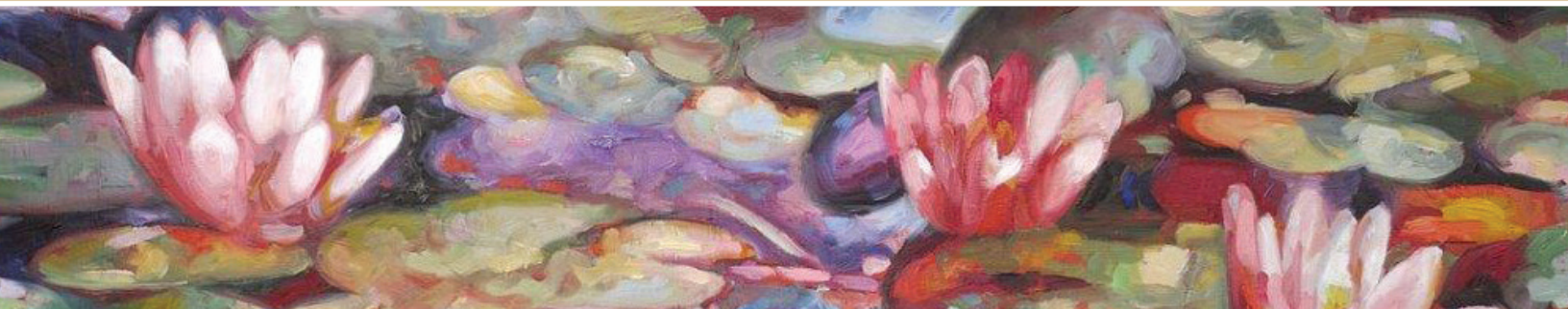




# H O R I Z O N <sup>SM</sup>

Grief Resource Center



## Touching Lives touched by loss

*Recognizing grief as a life-changing, yet common human experience, Horizon Grief Resource Center is dedicated to serving those whose lives have been touched by loss.*

Spring 2026  
Volume 16, Issue 4

### Matters of the Heart Gala Raises Over \$160,000 for Grief Support



More than 300 guests gathered for Horizon Home Care & Hospice's annual Matters of the Heart Gala, raising over \$160,000 in support of the organization's Grief Resource Center. The evening combined fun and philanthropy while highlighting the importance of compassionate grief care for individuals and families in the community.

The event included the presentation of the Touching Lives Award, honoring George Fahr, retired president of Digicorp; Anne Zizzo, CEO and founder of Zizzo Group; and Julia Taylor, retired president of the Greater Milwaukee Committee. Each was recognized for their leadership, generosity, and lasting impact on the community.

The crowd was entertained throughout the evening by Andrew Varela, who served as emcee and kept the program lively and engaging. Guests enjoyed interactive entertainment from Gameshow MKE, along with popular fundraising games including the Drinko wine pull, a Diamond or No Diamond game featuring a \$1,600 Kesslers diamond necklace, and the exciting "A New Car!" game sponsored by Van Horn Honda. The program also featured a touching mission video

highlighting Horizon's Grief Resource Center and last fall's Luminary event, showcasing staff and participants and powerfully reinforcing the purpose behind the evening.

The gala was made possible through the generous support of corporate partners including Action Graphics, Froedtert Pleasant Prairie Hospital, Sysco, Win Technology, Zizzo Group, Ascension Wisconsin, Baird, Bell Ambulance, Dragonfly Health, Froedtert, Irgens, and Network Health, along with more than a dozen additional table sponsors and over 25 volunteers who helped ensure the evening was welcoming and enjoyable for all.

Proceeds from the event benefit Horizon's Grief Resource Center, which provides counseling, support groups, education, and community programs for those navigating loss.

Save the Date: Golf Fore Horizon, August 17, 2026, Wisconsin Country Club

# Green with Envy

By: Hillary Pioletti, MA, LPC, GC-C

After the loss of a parent, a common sentiment expressed by bereaved sons and daughters is that they feel jealous of others whose parents are still alive. For those who have lost a parent, seeing others spending time with their mothers and fathers can bring increased grief. As we approach Mother's Day and Father's Day this year, people grieving a parent may be missing their loved ones more deeply and may be more likely to feel 'green with envy' during these holidays.



An important distinction can be made between the emotions jealousy and envy. In Brené Brown's book *Atlas of the Heart* she writes about the difference between envy and jealousy – "Envy occurs when we want something that another person has. Jealousy is when we fear losing a relationship or a valued part of a relationship that we already have." While grieving a parent, both emotions can be present. A bereaved daughter may feel envious of a friend whose mother is still alive because she wants her own mother back. This same bereaved daughter may also feel jealous because she fears losing the connection with her deceased mother as time goes on without her. All emotions are normal and valid during grief; even emotions that do not have very positive associations, like jealousy and envy. You're not a bad person if you've been feeling jealous or envious because you are missing your parent.

People cannot control what emotions they feel. Emotions are an automatic response to something happening internally or externally. Emotions give

us valuable information about what is happening around us – and what it means to us personally. What we can control though is how we respond to our emotions. In grief this can be challenging, as emotions may be present in greater intensity than ever before. We are nonetheless responsible for how we act and how we choose to take care of ourselves when facing difficult feelings. For example, if you are grieving the death of a parent and have been feeling envious around others who you see spending time with their parents, it may be worthwhile to consider how to cope with this emotional pain. Oftentimes things that trigger us, like other people's parents, are unavoidable parts of life. You are empowered to discover ways to cope with these emotions, as opposed to ignoring the feelings which may inhibit your healing.

One meaningful way to improve your ability to cope with difficult emotions such as envy and jealousy, is to simply start naming them when they happen. A person who can say "I feel envious of them" or "That makes me feel jealous"

suddenly has more self-awareness and understanding of their grief. It is also very validating to name our own feelings, especially when we remember that feelings aren't good or bad or right or wrong. All emotions are valid in grief. You are allowed to feel jealous and envious. You are allowed to miss your parent and grieve them.

There are many ways to enact self-care when one is feeling emotional pain from envy or jealousy. Some may find it helpful to write or journal about the situation that made them feel envious or jealous to express their thoughts and feelings privately. Others may be drawn to do things that make them feel connected to the parent they've lost. Examples include looking at photos, listening to music they liked, eating foods they enjoyed, wearing their clothing or jewelry and telling stories about them. Practicing gratitude is another way to cope with feelings of jealousy and envy. Experiencing the death of a parent reminds us how precious life is; you may find healing in channeling emotional pain into telling

someone how much you love and appreciate them.

If you are seeking a community of grievers to support you through the loss of a parent, the Grief Resource Center has programming that may be helpful. See pages 12-14 for information about our Loss of a Parent Support Group and our Honoring our Mothers and Honoring our Fathers workshops. To all who have been struggling with the difficult emotions of parent loss, may these words of Laura Jean Truman guide you on your grief journey – "Keep my anger from becoming meanness. Keep my sorrow from collapsing into self-pity. Keep my heart soft enough to keep breaking. Keep my anger turned towards justice, not cruelty. Remind me that all of this, every bit of it, is for love. Keep me fiercely kind."



# Honoring Loved Ones during Milestone Moments

By: Kayla Waldschmidt, MSE, LPC, GC-C

It's normal for grief to intensify around significant dates, even years after the loss of a loved one. This time of year is full of milestone moments—prom, graduation, weddings, reunions. Connecting to our loved one and/or including them into the milestone moment can be a way to honor them and our grief, find comfort and strength, and get support from others.

## Personal Ways to Connect

*Linking objects* are physical possessions that connect you to your loved one when you see or touch them. Examples include clothing, jewelry, a handwritten note, their favorite possession, or a gift they gave you. Having a linking object with you at an event can bring comfort, peace, and connection to your loved one.

*Write your loved one a note or talk to them.* Share your milestone. Let them know how you are feeling about your grief and their absence. Ask them for advice or a way to feel connected to them through this time.

## Connecting to Others

*Acknowledge the grief.* Resist the urge to ignore grief or pretend it's not present. Speak your loved one's name. Say out loud that you are missing them or thinking about them. Honor that we can hold multiple feelings at one time, and it's normal to feel happy & sad during these milestones.

*Write a note or letter.* If you are witnessing a family member or friend going through a milestone, write them a letter acknowledging your loved one's absence. Tell them what your loved one would have thought about this moment, wisdom they would have shared, and how it would have made them feel. For example, "Your Mother would have loved to be physically present at your graduation. I know she is so proud of all you have accomplished and the person you have matured into." Read the letter aloud to them for a meaningful moment of connection & shared grief prior to the event.

## Connecting at a Gathering

Many families honor their deceased loved ones during gathering and celebrations. Some examples include:

- Having a chair or table that displays pictures of deceased loved ones. Include a sign that says something like "Forever in our Memory. Honoring loved ones who could not be here today but are forever in our hearts."
- Have a memory hour where you serve their favorite dish or play their favorite song.
- Honor loved ones during the ceremony. Examples include ladybug or butterfly releases, writing messages on wildflower seed paper and having guests plant them later, write messages on a kite and allow them to fly during the ceremony, or release flower petals into a body of water. Take some time to think about what type of connection would feel meaningful to you. Personalize it to your loved one and the relationship you had together.



## Finding Meaning Through Service: *Volunteering with Meals on Wheels*

For many who are grieving the loss of someone dear, the world can suddenly feel quieter, smaller, and unfamiliar. The routines that once shaped your days may now feel empty or uncertain. In those moments, finding gentle ways to reconnect—with community, with purpose, and with yourself—can be an important part of healing.

One meaningful way to do that is through volunteering with **Meals on Wheels**.

Meals on Wheels is more than a meal delivery program—it's a lifeline of nourishment, safety checks, and human connection for older adults and neighbors who may be isolated. Volunteers don't just bring food; they bring warmth, compassion, and a friendly face at the door.

For those who are grieving, this kind of service can offer something delicate yet powerful:

- **A sense of routine** when everything else feels in flux.
- **A place to channel care** that once flowed so deeply toward someone you lost.
- **A reminder of the impact small kindnesses can have**—for others and for yourself.
- **Connection and belonging**, even in brief doorstep conversations.

Whether you're looking for a way to honor your loved one's legacy, to gently step back into community, or simply to feel useful on a difficult day, Meals on Wheels offers a space where your time and heart can make a real difference.

If this opportunity speaks to you, we'd be honored to help you get connected by calling Lisa Greco at (414)586-6220.

You're not alone, your compassion can help someone else feel a little less alone, too.



We know mornings can be rough, so let's take some time to slowly ease into the day. Here are some mindful practices to go through before hopping out of bed.



**Start by taking three nice deep breaths and stretch wherever you are feeling some tightness in your body.** Beginning our day by slowly easing into our bodies can help us feel more connected to ourselves.



**Note 3 things that have been on your mind since you have woken up.** Whether they are typical thoughts about our day or how we are feeling, or even grief thoughts, just try to allow them to be there without judgement.



**Take a moment to note 3 thoughts of gratitude.** Remember, gratitude is not to push away our feelings and experiences, but to remind us that the good things can live alongside the hard things in life.



**Think of something you are looking forward to in your day.** Is it a call with a friend? Your morning coffee or tea? A gentle walk outside? Adding nice things to look forward to helps us start our day with a sense of comfort in things to come.

# The Grief Resource Center Library

By: Hillary Pioletti, MA, LPC, GC-C

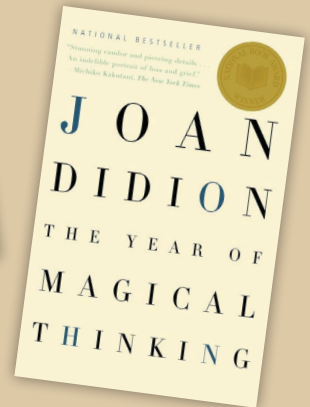
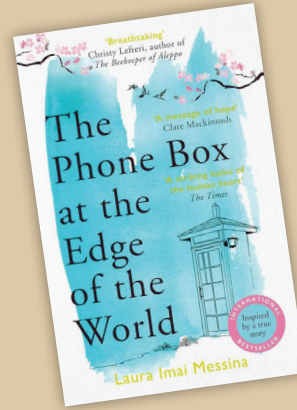
Did you know that Horizon's Grief Resource Center has a library with over 300 books about grief and loss? This is one of the many ways that the Grief Resource Center provides support to those who have lost a loved one. The collection of books covers a wide variety of topics related to grief, death and dying and non-death losses. The library has children's books about loss, fiction and nonfiction books about grief for adult readers as well as books for people working in helping professions supporting others through loss.

There may be skepticism as to whether reading a book can help someone after they've experienced a loss. It is true, that after the death of a loved one many people experience cognitive changes (which are normal and temporary) such as difficulty concentrating and memory issues which can make reading a book difficult. Each person's grief is unique, so reading a book about grief after a loss will not be helpful for everybody and that is okay. However, there are some compelling reasons to consider reading a book about grief to process what you've experienced and mourn your loved one.

While reading either a fiction or nonfiction book about grief, the reader might learn something new that could help them on their own grief journey. For example, in Laura Imai Messina's novel *The Phone Booth at the Edge of the World*, the characters speak to their loved ones who have died through a "wind phone" to feel connected to them. This could inspire someone to try speaking out loud to their loved ones who have died to express grief. A reader could also encounter a story that reflects their own experience and feel validated and less alone. For example, Joan Didion wrote her book *The Year of Magical Thinking* after the sudden death of her husband. A person who has experienced the death of a spouse may find parallels in her story that are familiar and affirming. Author Alan Bennett wrote about this feeling – "The best moments in reading are when you come across something – a thought, a feeling, a way of looking at things – which you had thought special and particular to you. Now here it is, set down by someone else, a person you have never met, someone even who is long dead. And it is as if a hand had come out and taken yours."

Reading is also a tool that is incredibly versatile. The reader decides when and where they'd like to spend time reading, and they can stop whenever they want to. Pace is set by the reader as well – there is freedom to skip ahead to a certain chapter or reread a page 10 times if you want to (or need to!). Reading is also a safe and low risk activity to try out while coping with grief. Reading is a private activity, where the reader's thoughts and emotions can flow freely without the need to explain to others. There is no pressure to finish a book if it's not a good fit for you; you are empowered to leave behind that which does not serve you!

If you are interested in borrowing a book from our GRC Library, please stop in to the center any time during our business hours. The center staff can assist you with suggestions of books that may be helpful. Anyone borrowing a book will be asked to fill out a form to keep track of which books are checked out by whom.



"How lucky I am to have something that makes saying goodbye so hard."

- Winnie the Pooh

# Coping with Pet Loss

By: Hillary Pioletti, MA, LPC, GC-C

Pets can bring so much joy and companionship into our lives that for some, they are a member of the family. The bond between human and pet can bring meaning and purpose to a person's life. It is normal to feel intense grief after the loss of a pet. This grief, like all experiences with grief, is unique and cannot be compared to other types of losses. The relationship with a beloved pet is unique in the way that pets can love humans unconditionally. Our pets are an important part of our world, but we as their humans are their entire world.

This responsibility and devotion we feel for our pets can make it easy for feelings of guilt to creep in after a pet dies. A person might think "Did I do enough for them?", "Did I take good care of them?" or "Did they know I loved them?". If you are questioning how good of a pet parent you are, be mindful of the trap of hindsight that is so common after a loss. The hindsight trap happens when we use all the knowledge we have in the present against our past selves. For example, if you had known it was your dog's last day, you would have taken the day off work to spend it with them. Of course – had you known you would have made different choices. Consider the many times you made choices that honored your values as a reminder of the love and care you showed your pet.

The guilt of pet loss can be especially difficult because in some situations the pet owner decided to end their pet's life for humane reasons. This decision comes from the desire to prevent suffering and even when people know the decision is right, it can feel wrong. You haven't abandoned your pet, you've continued to care for them as their needs changed. Someone who has supported their pet to the end of their life is a loyal and loving pet owner. Your pet knew how much you loved them.

*"In my darkest hours, I reached for a hand and found a paw."*

- Unknown

The Grief Resource Center offers grief support services for pet loss. People grieving the death of any type of pet can meet with one of our licensed professional counselors for short term individual or family grief counseling. The GRC Library also has books appropriate for all ages about pet loss.

There are many creative ways to cope with the loss of a pet. Consider some of the following suggestions to honor your memories and move towards healing.

- Make changes when you feel ready. Don't feel obligated to remove your pet's things from your home right away. Allow beds, toys, water and food bowls to remain in their places until you feel ready to make changes.
- Create memorial art pieces. Obtaining a paw print or a nose print from your pet can provide you with a visual reminder of their presence. Display your memorial art alongside a photo of your pet as a memorial in our home. If you are planning a pet's end of life with support from a veterinarian, the veterinarian may be able to help with obtaining the prints.
- Write an obituary. Reflecting on your pet's life and processing your grief through writing is another way to honor their memory and feel your feelings. You can share the obituary with others or choose to keep it private.
- Grow a memorial plant or garden. Tending to a plant or garden can add a meaningful routine and new life to your home. Dedicating time and energy to your plant or garden may help lessen the emptiness felt from your loss.



*"The difference between friends and pets is that friends we allow into our company, pets we allow into our solitude"*

- Robert Brault

# We Would Love to Hear From You

We are seeking submissions for our Horizon Grief Resource Center quarterly newsletter. As you are the expert at your grief, we think it would be beneficial for you to share your reflections on your grief experience, helpful tips and hints that worked for you, how you have seen your grief shift and change, and ways you have grown through your grief with fellow grievers.

## Submission guidelines:

We use the term articles to include poetry, tips & hints, lists, song lyrics, a short story, and writing.

### What we will accept:

- All articles submitted must be your original work.
- Articles with the theme of grief, loss, death, dying, growth, healing, self-care, and coping strategies.

### What we will not accept:

- Endorsements, recommendations, or reviews (positive or negative) of Horizon Home Care & Hospice, Horizon Grief Resource Center, professionals, organizations, doctors, hospitals, etc.
- Articles that include profanity.
- Articles outside the theme of grief, loss, death, dying, growth, healing, self-care, and coping strategies.
- Articles we believe to be plagiarized or be non-original work.

### How to Submit:

1. Articles should be a maximum of 300 words.
2. Please note whether you would like author credit (written by \_\_\_\_\_) or would prefer it be attributed to “anonymous”.
3. Please submit your articles: <https://www.surveymonkey.com/r/grcsubmissions>
4. Articles are due by: February 1st, May 1st, August 1st, & November 1st

### Selection Process:

The Horizon Grief Resource Center staff will review all submissions and select one for print in the quarterly Grief Resource Center newsletter, which is mailed in January, April, July & October each year. All other accepted submissions will be compiled quarterly for distribution on the Horizon Home Care & Hospice and Horizon Grief Resource Center blog, website, social media, and/or distributed in print for clients in the Grief Resource Center.

### Please note:

By submitting your article you are granting Horizon Home Care & Hospice and Horizon Grief Resource Center permission to print your article in our quarterly Grief Center newsletter, post your article on our website, post your article on our social media, and/or print your article in a collective to distribute to clients and post on our website. There will be no compensation for the articles.



Submit your articles here!



I used to think something was wrong with me because I no longer think of my deceased husband, Bob, as often as I did when he first died. Over time, I've learned this is completely normal. My grief hasn't disappeared—it has evolved. I'm no longer living solely in the past; I'm allowing myself to be present and to look toward the future.

How did I come to this point? I allowed myself the time and space to grieve. Time didn't erase my grief, but it softened its intensity. The pain of losing Bob became more manageable. I attended a weekly grief group at The Grief Resource Center, participated in workshops, and engaged in individual counseling. Each step supported my healing in its own way.

Now I find myself at a place where it's time to reduce my attendance at the weekly grief group. I'm employed part-time, engaged in life again, and involved in a meaningful relationship.

I am currently in a relationship with Mike. His wife, Lorraine, died about a year before Bob. We both acknowledge our losses and respect each other's unique journeys through grief. Mike brings joy into my life—not as a replacement for what was lost, but as something new, genuine, and deeply meaningful.

Happiness comes from within. A partner doesn't create it, but when happiness is already present, love has a beautiful way of adding to it.

## Happiness is an inside job

Submitted by Lynda Ferguson



## A Listening Room in Heaven

Submitted by Rosemary Hoffman Kotarski

If there is a listening room in heaven, let's all plan to meet.

We'll join our hearts and thoughts, and keep it short and sweet- -

We can say how much we miss you - - tell you that we loved you so- - and remind you that we dearly wished you'd never ever go.

And then our hearts and Minds will sing your favorite lullaby..

throw you a kiss.. you'll send one back, and tell us not to cry-

then we'll tiptoe down the pathway, past The Shining golden door,

that leads back to the Listening Room, where we'll connect forevermore!!!

# Little Easier

Submitted by: Lynda Ferguson

Call me Joe Friday—just the facts. That's how I survived the early days of grief.

A pragmatist deals with life sensibly and realistically, focusing on what must be done rather than what might be felt. In the beginning, pragmatism kept me grounded. It gave me structure when everything else felt unrecognizable. I ate because I had to eat, even when walking through the produce department reduced me to tears. I slept because my body required it, though sleep only came after learning breathing techniques that allowed a few quiet hours at a time.

But I knew pragmatism alone was not enough.

I did not want to outrun my grief or bury it beneath constant activity. I didn't want emotional avoidance to take root and later surface in ways I couldn't control. So I chose to stay present with my pain. I entered individual counseling. I showed up, week after week, to a grief group where my loss was understood without explanation.

Writing became another place where I could lay my grief down. On the page, I allow myself to be angry, to be sad, and—when it appears—to feel joy without guilt or apology.

Pragmatism helped me survive grief's daily demands. Emotional engagement is what allows me to heal. It is not an either/or proposition, but a careful balance—doing what must be done while still honoring what must be felt.

# SHE HAS GONE

She has gone now

For quite some time

My dear wife

Once the center of my life

All our times together

All our love

Slowly fading memories

But never to be forgotten completely

For better or for worse

And not my desire

The world is no longer

As it was

And neither am I

Submitted by:  
Dick B.

# WHY

Submitted by: Dan M.

Why her lord, what has she ever done to deserve all the pain she felt.

Why her lord, what did she ever do for all the love, kindness and laughter she brought to everyone.

The lessons she taught us.

Why am I here, now that I know her souls in your hand.

Is there a way that I can repay what was taken from me.

Why must we go through this, is it to show someone else the why.

Show me the why when I'm on my way to you.



# Ongoing Support Groups



**H O R I Z O N**<sup>SM</sup>  
Grief Resource Center

## *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 Horizon Grief Resource Center at (414) 586-8383 to speak with a bereavement counselor and fill out opening paperwork.*

*These groups are held at Horizon Grief Resource Center, 11002 W Park Place, Milwaukee WI 53224 (located on the border of Menomonee Falls & Milwaukee).*

### *Death of a Spouse/Partner Support Group*

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Thursdays 12:30 - 2:00 pm

*All new group members start in this group*

### *Second Phase Death of a Spouse/Partner Support Group*

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Thursdays 10:00 - 11:30 am

*Permission from facilitator required to attend this group*

## *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.

Kayla Waldschmidt & Hillary Pioletti are both Licensed Professional Counselors (LPC) and Certified Grief Counselors (GC-C). They are available Monday thru Friday for individual, couples and/or family grief counseling. Sessions are held at Horizon Grief Resource Center, 11002 W Park Place, Milwaukee WI 53224.

All of our services, including counseling, 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:** Call the Horizon Grief Resource Center at (414) 586-8383

## *How to Register for Programming & Support Groups*

**Option One:** Works best if you'd like to see descriptions of the programming prior to registering.

1. Go to the Horizon Home Care & Hospice website: [www.horizonhch.org](http://www.horizonhch.org)
2. Click on "Grief Resources"
3. A drop down menu with three items will appear.
4. Click on "Calendar"
5. Click on the program you are interested in, which will open a page with a larger description.
6. Click on the Survey Monkey link inside that description to register.

**Option Two:** Works best if you want to register without seeing descriptions.

Go directly to Survey Monkey for our programs: <https://www.surveymonkey.com/r/horizonGRC>

**Option Three:** Works best if you'd rather speak to someone to register.

Call the Horizon Grief Resource Center to register with our GRC Administrative Assistant, Taryn, at (414) 586-8383.

# Spring Short Term Support Groups



**HORIZON**  
Grief Resource Center

## May 2026:

**GRC Book Club: *Always a Sibling*  
by Annie Sklaver Orenstein:**  
Fridays, May 1st - 22nd  
9am - 10:30am



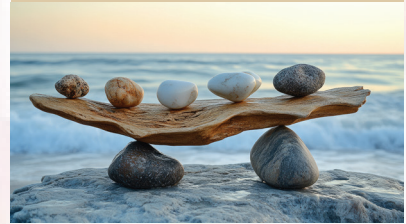
## June 2026:

**Loss of a Parent:**  
Mondays, June 1st - July 20th  
4pm - 5:30pm



## July 2026:

**Picking Up the Pieces:**  
Wednesdays, July 8th - August 26th  
9am - 10:30am



**Writing to Heal:**  
Fridays, May 1st - June 5th  
2:30pm - 4pm



**Increase Happiness and Wellbeing:**  
Tuesdays, June 2nd - July 7th  
10am - 11:30am



**Writing to Heal:**  
Tuesdays, July 14th - August 18th  
10am - 11:30am



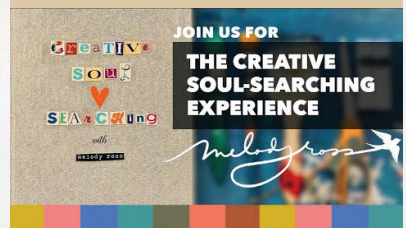
**Soul Book Experience:**  
Mondays, May 4th - 18th  
3pm - 5:30pm



**HeART & Hands Grief Support Group:**  
Wednesdays, June 3rd - July 8th  
2:30pm - 4pm



**Creative Soul Searching:**  
Tuesdays, July 14th - September 1st  
3pm - 5:30pm



**Develop a Journaling Practice:**  
Tuesdays, May 5th - June 9th  
12:30pm - 2pm



**Loss of a Sibling Support Group:**  
Tuesdays, June 9th - July 28th  
12:30 - 2pm



See descriptions on our website!



# 2026 Spring One Time Workshops



**H O R I Z O N**<sup>SM</sup>  
Grief Resource Center

## April 2026:

**Living Through Loss - Grief of Dementia Patients and Their Caregiver**  
Friday April 10th  
10am - 12pm



**Hearts to Hold:**  
Thursday, May 7th  
2:30pm - 5:30pm



**Mindfulness & Grief:**  
Tuesday, May 26th  
2:30pm - 4pm



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



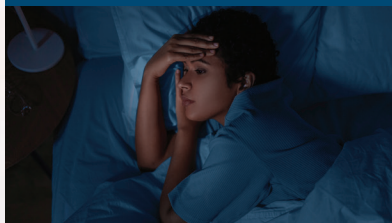
**Honoring Our Mothers:**  
Friday, May 8th  
2:30pm - 4pm



**Cultivating Joy:**  
Wednesday, May 27th  
2pm - 3:30pm



**Sleep and Grief:**  
Thursday, April 30th  
2:30 - 3:30pm



**Show & Share:**  
Tuesday, May 19th  
4pm - 5pm



**Alter my Life:**  
Friday, June 5th  
12:30pm - 2pm



## May 2026:

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



**Grieving for Myself: Secondary Losses:**  
Wednesday, May 20th  
2:30pm - 4pm



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



# 2026 Spring One Time Workshops



**HORIZON**<sup>SM</sup>  
Grief Resource Center

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



**S.E.L.F. Care Workshop:**  
Monday, June 29th  
12:30 - 2:30pm



**Journaling for Grief:**  
Wednesday, July 22nd  
1pm - 2:30pm



## July 2026:

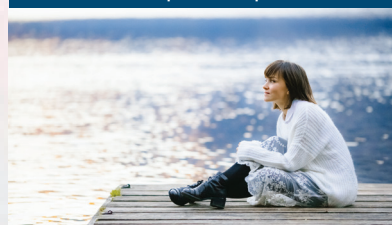
**Handling Anger & Guilt:**  
Monday, June 15th  
1pm - 2:30pm



**Coping with Anxiety After Loss:**  
Tuesday, July 7th  
4:30pm - 5:30pm



**Coping with Loneliness After a Loss:**  
Thursday, July 23rd  
2:30pm - 3:30pm



**Honoring Our Fathers:**  
Friday, June 19th  
2:30pm - 4pm



**Hope in a Jar:**  
Friday, July 10th  
1pm - 3pm



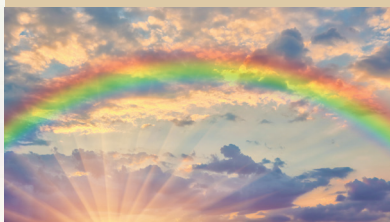
**Honoring our Loved Ones & Our Grief through Gratitude:**  
Monday, July 27th  
1pm - 2:30pm



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



**Shades of Grief:**  
Wednesday, July 15th  
1pm - 3pm



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



# 2026 Spring Multiple Time Workshops



**H O R I Z O N**<sup>SM</sup>  
Grief Resource Center

## Workshops Offered Multiple Times

These workshops are offered multiple times. Please see descriptions to see which ones you can attend multiple times and those that allow only one-time attendance.

Workshops are held at Horizon Grief Resource Center, 11002 W Park Place, Milwaukee WI 53224 (located on the border of Menomonee Falls & Milwaukee). Opening paperwork is not required to attend these workshops.

Please note, all workshops need a minimum of 5 registrants to run, unless otherwise listed. See descriptions on our website: [www.horizonhch.org/grc](http://www.horizonhch.org/grc). See registration instructions on Page 11.

### Drum Circles:

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. Drums are provided.

Minimum 3 participants required to run this free drum circle. Participants can attend as many drum circles as they would like. Drum circles are led by Horizon Hospice Music Therapists Lisa & Hanna.

Drum Circles are held on the 2nd Thursday of the month from 4:00-5:15 pm • April 9th, May 14th, June 11th, July 9th

### Shattering Grief Workshop

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 where participants shatter a clay pot. 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 - 4pm

### Truth Card Workshop

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 on 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 1 - 4pm  
Wednesday, May 13th 1 - 4pm





**H O R I Z O N**<sup>SM</sup>  
Grief Resource Center

11002 W. Park Place  
Milwaukee, WI 53224  
414.586.8383

Also visit us on the web  
[www.horizonhch.org](http://www.horizonhch.org)

[www.horizonhch.org/grc](http://www.horizonhch.org/grc)

## Immediate Openings for Free Grief Counseling

**NO WAIT LIST**

*Horizon Grief Resource Center provides free short-term grief counseling by appointment.*

**Who:** Anyone in the community who has had a family member, friend, or pet die or is experiencing a significant life-altering loss is able to use all the free services at Horizon Grief Resource Center, including counseling, support groups, workshops & classes.

**Ages:** We provide counseling to anyone ages 8 years old and up.

**How:** We can meet with people individually, as a couple or as a family.

**How Many:** Each person has five free counseling sessions available to them.

**To Make an Appointment:** Each adult over 18 years old needs to make their own appointment. Parents or legal guardians need to make appointments for children & teens under 18 years old. You can contact the Grief Resource Center at (414) 586-8383 to schedule.

**When:** We offer counseling appointments Monday, Tuesdays & Thursdays between 9:30 - 6:00 pm (the latest appointment being 4:30 pm) and Wednesdays & Fridays between 8:00 - 4:30 pm.

**Cost:** Free. Horizon Grief Resource Center wants to make sure that you do not have additional stress as you are going through your loss.

*“It is one of the most beautiful compensations of his life that no person can sincerely try to help another without helping themselves”*

*- Ralph Waldo Emerson*