



**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.*

Summer 2026  
Volume 17, Issue 1

## *20 Years of Compassion, Connection and Community*

*What began as a grief counseling program became a community resource; free, accessible, and deeply human.*

**Grief Resource Center Open House**  
**Tuesday, July 14th from 1:00pm - 5:00pm**

Meet GRC Counselors

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View/Tour Space

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Activities

# Nurtured by Mother Nature

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

As we welcome summer in Wisconsin, many people look forward to spending more time outdoors. While time spent outdoors may usually be associated with benefits for physical wellness, time in nature can also improve your mental health. While you're doing your favorite outdoor activities, there is a lot happening in your brain and body that benefits your overall well-being.

The American Psychological Association reports that time spent in nature benefits a person's well-being – no matter how much time is spent there. This same research supports these benefits no matter what is in the natural environment. In other words, "green spaces" such as forests, gardens, and parks provide us with the same goodness as "blue spaces" (any area near a body of water). It could be said that a little goes a long way when it comes to the benefits of time spent in nature.

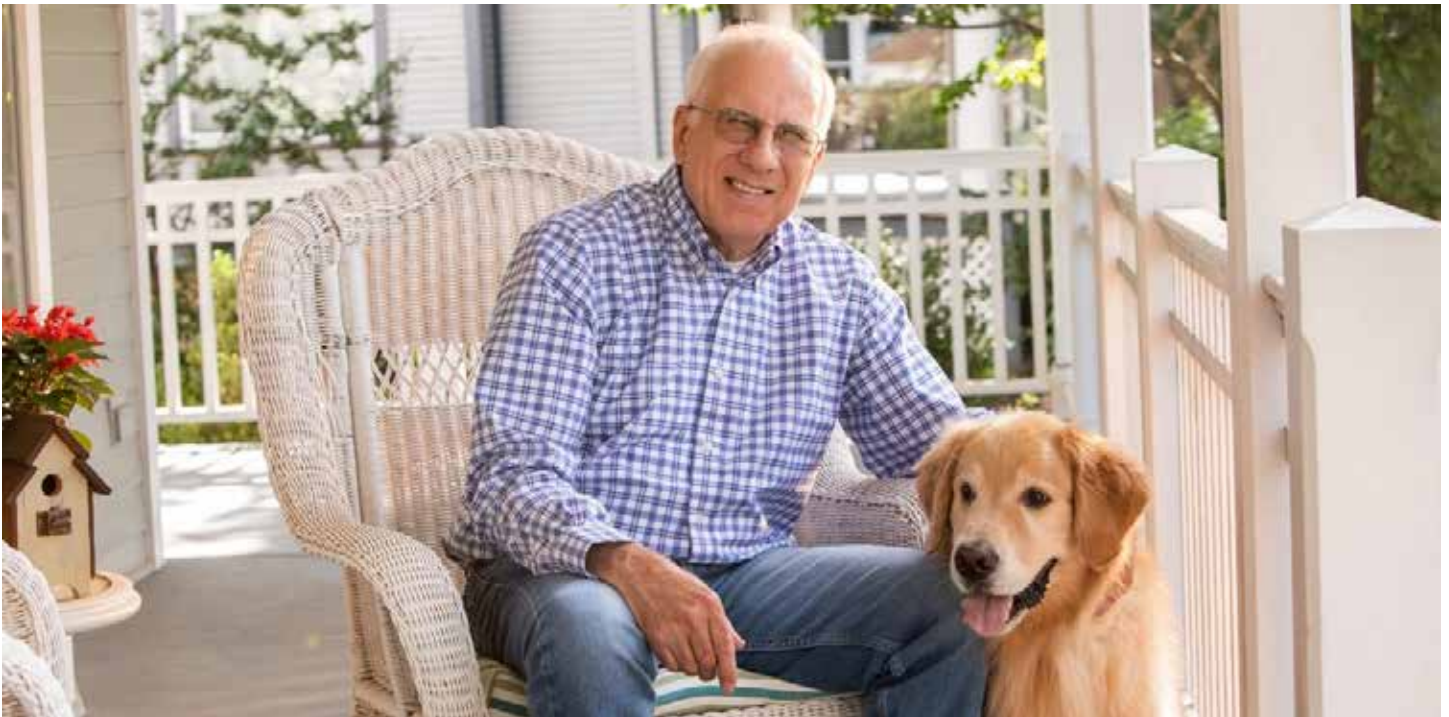
But what is really happening inside of our bodies when we spend time in natural spaces? Humans experience many cognitive benefits from time spent in nature. Our working memory improves; we have more cognitive flexibility and better attention control (Current Directions in Psychological Science, Vol 28, No 5, 2019). Spending time outdoors triggers a physiological response that lowers stress levels. This is because our ancestors evolved in natural environments and relied on nature for survival – we still have an innate drive to connect with nature. "Blue spaces" and water in motion like from a waterfall or rain have special benefits for our bodies. Moving water fills the air with negative air ions. This is important for humans, because our modern world produces a lot of positive ions from electronics and recycled air. When we encounter negative air ions by being near a large body of water or walking outside after a rainstorm, we inhale the negative air ions which reach our

bloodstream and help balance us out on a microscopic level. Research from Michael Terman, PhD, of Columbia University in New York shows that the negative air ions cause an increase in a chemical messenger in the brain called serotonin which is known as a "happy chemical" that affects our mood.

An even more interesting effect of time spent in nature is that it helps decrease feelings of loneliness and social isolation. Research shows that when people lack social connections, but spend a significant amount of time in nature, they report feeling better overall (Cartwright, B.D.S., et al. 2018). This is partially because of serotonin, which often increases when we spend time in nature. This "happy chemical" helps us feel significant and important. People who are feeling lonely or disconnected from social supports might find some benefit to feeling connected to the natural world.



*This watercolor painting, done by visual artist and Grief Resource Center volunteer Victoria Berdichevsky, depicts the natural beauty found just behind our Horizon Home Care & Hospice main office building located in Milwaukee. A paved walking path provides visitors with views of local flora and fauna. Check out this outdoor space during your next visit to the GRC!*



## Comfort, Connection, and Healing: Animal-Assisted Therapy Coming to the GRC in June

Beginning in June, we are pleased to offer Animal-Assisted Therapy at the Grief Resource Center (GRC). This optional service will be available at the GRC to people aged 18 and above and is designed to provide comfort, calm, and connection during the grief journey.

Animal-Assisted Therapy pairs participants with trained and certified volunteer handlers and therapy animals. Participants may sign up for 15-minute individual sessions, offering a quiet moment to simply be present with an animal in a supportive, therapeutic setting.

Animal-Assisted Therapy at the GRC is not a support group or counseling service. Volunteer handlers are not therapists or counselors; they are trained and certified specifically to provide animal-assisted therapy. While these sessions are therapeutic in nature, they focus on comfort, presence, and connection rather than clinical counseling or group support.

According to Pet Partners, the leading national organization for pet therapy

volunteers, research consistently shows that interaction with therapy animals can be especially beneficial for individuals experiencing grief. Studies have found that animal-assisted therapy can help reduce anxiety and depression, lower stress hormones such as cortisol, and increase oxytocin, a hormone associated with comfort, trust, and bonding. For people who are grieving, this calming physiological response can make it easier to regulate emotions and feel grounded during difficult moments.

Pet Partners also reports that animals offer something unique in grief support. Research with bereaved individuals has shown that animals provide comfort simply by being there without the need for words, explanations, or emotional energy. Many participants in these studies described feeling less alone, more accepted, and more emotionally safe when interacting with animals during their grief process.

Animal-assisted therapy has also been shown to encourage emotional

expression, relaxation, and social engagement, all of which can be difficult during grief.

Importantly, animal-assisted therapy is not intended to “fix” grief but rather to support it. At the GRC, this offering will complement existing services by providing another pathway for comfort and connection, meeting individuals exactly where they are.

Participants interested in Animal-Assisted Therapy may sign up for a 15-minute session by contacting the Grief Resource Center directly. Space is limited, and sessions will be scheduled in advance.

For more information or to sign up, please contact the Grief Resource Center at (414)586-8383.

Join us:  
July 17th 11am to 1pm - Louie  
August 4th 11am to 12:30pm - Queeny



# Golf Fore Horizon

## A Day of Healing, Connection, and Support

We invite you to join us for our 8th Annual Golf Fore Horizon outing on Monday, August 17 at Wisconsin Country Club on Good Hope Road. This special day brings our community together in support of Horizon's Grief Resource Center, helping ensure that caring, compassionate grief support remains available to anyone who needs it.

There are several meaningful ways to be part of this day:

### 1. Golf or Sponsor

Whether you join as a golfer, bring a foursome, or become a sponsor, your participation helps make this event possible. Spending time outdoors, especially in a peaceful setting like a golf course, can be deeply restorative, particularly when you are grieving. Fresh air, gentle movement, and connection with others can provide moments of relief, reflection, and even joy during a difficult time. Golf gives us space to breathe, to be present, and to reconnect, with ourselves and with others. Even if you're not an experienced golfer, being part of a day like this can be a meaningful way to support others while also caring for yourself.

### 2. Volunteer

If you'd prefer to support the event behind the scenes, we would love to have you volunteer.

Volunteering is a powerful way to move through grief. Many people find that helping others gives them a sense of purpose, connection, and healing. Being outside, sharing your time, and working alongside others can lift your spirits and remind you that you are not alone.

Small acts of kindness, whether greeting golfers, helping with check-in, or supporting activities throughout the day, make a lasting impact on this event and on everyone who attends.

### 3. Donate

You can also support the outing by making a donation. We are graciously accepting:

- Monetary gifts
- Bottles of wine or other alcohol
- Auction baskets or basket items
- Gift cards
- Lottery tickets

Giving is another meaningful way to honor a loved one and find comfort during grief. Many people share that giving helps them feel connected, purposeful, and hopeful. It's a way to turn love into action, supporting others who are walking a similar path.

Every swing, every volunteer hour, and every donation helps ensure that Horizon's Grief Resource Center remains a place of comfort, support, and healing for thousands in our community.

To learn more or get involved, please contact the Philanthropy Department at Horizon Home Care & Hospice, 414-586-8341, [donations@horizonhch.org](mailto:donations@horizonhch.org)

# List of Support Ideas

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*“Offer to make ordinary every-day things easier so that your grieving person can have the luxury of just being devastated.”*

— Megan Devine

- Show up and listen
- Bring them a meal (remember breakfast and lunch, too!)
- Help with lawn care
- Decorate their front door for the upcoming holiday
- Answer when they call/text
- Babysit their kids
- Help with their laundry
- Drop-off/pick-up their dry cleaning
- Get coffee together
- Invite them out for a walk
- Include them in social events (even if they have turned you down in the past)
- Do their dishes
- Wash their car
- Bring groceries
- Offer to cook together
- Bring healthy snacks
- Make them a music playlist
- Ask if they want to talk, and just listen
- Ask if others have left dishes you could return
- Check-in regularly
- Give a gift certificate for self-care
- Take their garbage/recycling out
- Help with transportation
- Keep asking, even if they've refused help before
- Replenish pantry staples
- Buy them stamps and stationery
- Set up a laundry service
- Set up a cleaning service
- Bring paper products - toilet paper, tissues, paper towels, napkins, plates, etc.
- Gift cards for retail therapy
- Bring mints or gum
- Help with their pets
- Plan a fun night for their kids
- Bring toiletries
- Offer to vacuum
- Bring coffee or dessert
- Bring art supplies
- Bring a journal
- Gift certificate for a writing workshop
- Gift card to a bookstore
- Invite them out into nature
- Ask about their loved one by name
- Set a calendar reminder to reach out around milestones and holidays
- Bring fresh fruit
- Offer to organize a memory book or legacy box
- Watch a funny movie together
- Invite them to do an exercise class with you
- Do home repairs
- Run errands
- Invite them for the holidays
- Help organize bills
- Send a care package
- Help with pet vet appointments
- Take them to a farmer's market
- Go for a bike ride together
- Go volunteer with them
- Accompany them to spiritual services
- Bring fresh vegetables
- Help sort through or pack up the loved one's belongings
- Help with taxes
- Help organize finances
- Show up if there is an emergency
- Research resources for them

This article was produced by "WPSU Penn State" with Philanthropic Support from "The New York Life Foundation".  
We got permission to reprint this article from Speaking Grief.  
Find out more about this wonderful organization along with other articles and resources at <https://speakinggrief.org/>

# The Rise of Analog Bags and Granny Hobbies

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

Do you find yourself doomscrolling or mindlessly reaching for your phone when you are bored, waiting or avoiding a difficult feeling or situation? You are not alone. And it would be normal if this habit has increased during your grief process as you've been dealing with intense feelings and adjusting to a new life without your loved one. Instead of helping, most people find it leaves them feeling "meh", empty, mentally exhausted or frustrated.

Sierra Campbell, content creator on TikTok, realized that if she wanted to stop doomscrolling or mindlessly engaging on her phone, that she would need to replace the habit with something else. She introduced the concept of an Analog Bag in August 2025, and Gen Z & Millennials have now made it a trend. Whenever she feels like scrolling, she now reaches for her analog bag filled with screen-free, tactile things like puzzles, books or magazines, journaling supplies, coloring books, sketchbooks, travel watercolor kits, playing cards or games, instant cameras, and retro audio like CD or MP3 players. This trend has also caused a resurgence in "granny hobbies", the internet's nostalgic term for hands-on activities people often saw their grandmothers doing, such as knitting, crochet, cross-stitch, embroidery, sewing, quilting, canning, cake decorating, container gardening, scrapbooking, collaging, and birdwatching.

Turns out these analog activities and hands on activities have even more benefits besides less phone & social media usage, which alone could increase one's attention span and improve sleep. According to Daisy Fancourt's research, which is outlined in her book "Art Cure: The Science of How the Arts Save Lives", engaging with creative arts reduces stress, depression, pain, improves brain health, and can even increase our psychological resilience and help us live longer. The great news is the health benefits come from doing it, not from whether one is good at it.

According to Daisy Fancourt, "older adults who engage in arts have a lower risk of developing loneliness. And arts engagement can also be an effective way of building your sense of identity. So, if you lose an identity, for example as you retire from your workplace (or lose a loved one), you can build identities through the arts. And if we have more identities, it has so many psychological benefits, including reducing risk of depression". If we engage in the arts with other people, it can help us build community, which is vital for our wellbeing and happiness.

The benefits are so great that Daisy Fancourt calls engaging with the arts the "fifth pillar of health" alongside diet, sleep, exercise, and nature. She suggests trying a new creative activity each week until you find ones you like. It can include reading, watching performing arts, going to museums or galleries, attending music events, crafting, baking, flower arranging, engaging in the culinary arts, etc. There are a lot of free offerings in the community through libraries, schools, park & recreation departments, and hobby shops to help you explore.

The Grief Resource Center uses arts engagement to help people process their grief and build healthy coping skills in our workshops and groups. We look forward to helping you explore what works for you.



## Engage in the Arts at the Grief Resource Center:

### Crafting:

- Hope in a Jar workshop offered in July
- HeART & Hands six-week grief support group beginning in July

### Cut & Paste Creative Journaling:

- Truth Cards workshop offered in July, August & September
- Soul Book Experience three-week workshop offered in July
- Creative Soul Searching eight-week workshop offered in July

### Hammering, Writing & Gluing Project:

- Shattering Grief workshop offered monthly

### Music:

- Drum Circle offered on the 2nd Thursday of the month

### Photography:

- Photography for Grief six-week grief support group beginning in August

### Reading:

- Join a GRC Book Club (We have one in July, September & October)
- Check out a book from our Grief Resource Center library

### Watercolor Painting:

- Shades of Grief offered in July

### Writing/Journaling:

- Writing to Heal six-week grief support group beginning in July or September
- Journaling for Grief workshop on July 22nd
- Develop a Journaling Practice six-week group beginning in July & October

*"Death leaves a heartache no one can heal, love leaves a memory no one can steal."*

- Richard Puz

*Luminary Memorial  
Service*

**Thursday, September 17, 6:30 PM**

**11002 W. Park Place, Milwaukee, WI 53224**

Scan or call  
**414-586-8383**  
to register



# 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!



# Our Community Voices



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## Death does not define a life

Submitted by: Lynda Ferguson

Death is often seen as the final measure of a life—the moment that brings everything to a close. Dates are carved into stone, marking a beginning and an end, as if the span between them could fully capture a person’s existence. But death, while inevitable, does not define a life. It is only a single moment, while a life is made up of countless moments, choices, relationships, and acts that ripple far beyond that final breath.

A life is defined by how it is lived, not how it ends. The meaning of a person’s existence is found in everyday experiences—the kindness they show, the challenges they face, and the love they give and receive. These are the things that build a legacy.

Bob lived a life of purpose and service. He was a Mason, a veteran, a school bus driver, a loving father, and a devoted husband. In each of these roles, he gave something of himself.

Whether through quiet responsibility or steady presence, he made a difference in ways both big and small. Death does not erase these things; it simply marks the moment they stop accumulating. What remains is everything that came before—the memories he created, the lives he touched, and the love he leaves behind.

If death defined a life, then every life would be reduced to the same ending. But we know that is not true. Lives are not measured by how they end, but by the impact they have. Some lives inspire many, while others quietly shape those closest to them. Bob did both. Through his roles and relationships, he created a lasting imprint that continues in the hearts of those who knew him.

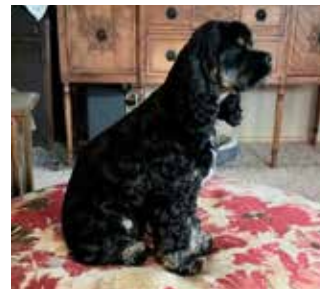
To define a life by its end is to overlook the journey—the growth, the struggles, the resilience, and the quiet victories along the way.

A life is not a single moment, but a story unfolding over time. And Bob’s story is not contained within the dates that mark his life. It lives on in the lessons he shared, the love he gave, and the memories carried forward by those who knew him.

A life is not measured by how it ends, but by how it is lived—and by how it continues to matter, even after it is over.

## Not Just a Pet

Submitted by: Lynda Ferguson



My Storm was a deeply cherished member of my family. She had her own unique personality, remarkable intelligence, and we shared a profound emotional connection. She was never “just a pet” — she was family.

Storm died on Sunday, May 3, 2026, from a grand mal seizure. The emotions I have experienced since her death are the same emotions I felt when my husband, Bob, died — the intense pain of loss, the emptiness, and the disrupted sleep that comes from grieving someone whose presence was woven into daily life.

Just as caring for Bob became part of my daily routine, caring for Storm also shaped my days. Her death has left a noticeable void in both my schedule and my physical environment. Our routines are suddenly absent — feeding her, walking her, giving medications, hearing her beside me, and having her resting quietly next to me. It is often the smallest everyday moments that leave the deepest silence.

Please do not let anyone tell you an animal is “just a pet.” The grief after losing a beloved companion animal can equal the grief of losing a close human loved one. Love, attachment, companionship, and emotional connection are real regardless of species. When an animal has shared your life, comforted you, depended on you, and loved you unconditionally, their absence is profound. Grief is not measured by whether the one we lost walked on two legs or four, but by the depth of the bond we shared.

# A Transformation

Submitted by: Judith Ross

Grief is a place  
beyond time and space.  
Nonlinear in nature,  
it grasps not grabs a person.  
It seeks to hold one in,  
not tight  
so much  
as cupped in warm hands  
that won't allow someone to fall.  
It is there that it penetrates one's entire being,  
pulsating through the body,  
infiltrating the mind,  
absorbing the spirit.  
Sensing it takes charge  
can limit one to the true power it possesses.  
Grief seeks not to rule  
but to remind one that,  
when it pierces the heart  
with a shock  
as soft as cotton on skin,  
it can be contained,  
and even  
transformed into  
eternal love.

# Re-emergence

Submitted by: Judith Ross

As if approaching cold water  
for a swim,  
do I dive in  
or do I enter one toe at a time?  
This attempt to emerge  
from my self-made cocoon,  
not yet transformed,  
the grief drips off me,  
like sweat from a runner's back.  
I feel naked,  
wearing all my emotions  
on my proverbial sleeve,  
exhibiting both sides of a competitive sport.  
Rooting for myself,  
I cannot lose,  
but can I win?  
This tug-of war seems impossible,  
as I pull simultaneously at both ends.  
Then I recognize  
I may be my own worst opponent.  
The world is cheering me on  
to complete the race  
in my own time,  
at my own pace.

Submitted by: Shelly Eady

Grief, as it pertains to the loss of a loved one, presents itself in layers that are uniquely structured from person to person. Oftentimes, it simulates weather conditions. For example, when we receive "that" inevitable phone call and without warning, the destructive vortex of violently rotating winds, literally turns our worlds upside down. Your first thought after a tornado warning is to find shelter immediately. We become consumed and overwhelmed by grief, sorrow, anguish, fear, shock, tears, distress, and heartbreak. Then, the questions become "what comes next and where do I go from here"?

After your loved one is laid to their final resting place, the days that follow may seem cloudy with a chance of rain. You are still trying to process the loss and what your new normal will look like. This is where your inner strength comes into play and is a necessary component to pressing forward. On the days you can barely get out of bed, speak life to yourself, get up, shower and enjoy a nice hot cup of coffee or tea. There will be days when the world outside is dimly lit, often accompanied by rain, both outside and within. You begin to reflect on the past few weeks, wondering if better days are ahead. It is often said to take life one day at a time. For me personally, I had to take one step at a time and work my way up to one day at a time. During those times, I allowed myself grace to feel and tap into each and every one of my emotions. Tears are an essential part of the healing process, mentally, physically and emotionally. Embrace the journey.

Submitted by: Mollie L.

There is a pile of crumpled white tissues on the brown picnic table. The tears have been dried. The sniffing has abated. The sorrow sits like a lump upon my chest, trapped in my inability to let go of it yet. I want to wallow in it like a pig in muddy ground, rubbing grief into my skin and relishing the grittiness.

Geese are honking across the stream, trying to slip some joy in through my pain. Sunlight is sparkling on the ripples in the water. A toddler runs past, chased by her laughing mother.

I resent hope.

# Ongoing Support Groups



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## *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.

# Summer Short Term Support Groups



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## July 2026:

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



**HeART & Hands Grief Support Group:**  
Tuesdays, July 28th - September 1st  
1pm - 2:30pm



## October 2026:

**Develop a Journaling Practice:**  
Mondays, October 5th - November 9th  
4pm - 5:30pm



**Soul Book Experience:**  
Mondays, July 20th - August 3rd  
3pm - 5:30pm



**Develop a Journaling Practice:**  
Wednesdays, July 29th - September 2nd  
2:30pm - 4pm



**Loss of a Parent:**  
Tuesdays, October 6th - Nov. 24th  
10am - 11:30am



## August 2026:

**Writing to Heal:**  
Tuesdays, July 21st - August 25th  
10am - 11:30am



**Photography for Grief:**  
Wednesdays, August 19th - Sept. 23rd  
2:30pm - 4pm



## September 2026:

**Creative Soul Searching:**  
Tuesdays, July 21st - September 8th  
3pm - 5:30pm



**Writing to Heal:**  
Wednesdays, September 2nd - Oct. 7th  
12:30pm - 2pm



See descriptions on our website!



# 2026 Summer One Time Workshops



**HORIZON**  
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## July 2026:

**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



## September 2026:

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



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



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



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



**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



**Self-Love Workshop:**  
Monday, September 28th  
1pm - 2:30pm



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



**What Do I Tell Them? Tips for Talking with Children about Death and Dying:**  
Friday, August 21st  
8:30am - 9:30am



## October 2026:

**A Lump in my Throat & a Pit in my Stomach: Physical Responses to Grief:**  
Thursday, Oct. 8th • 2:30pm - 3:30pm



# 2026 Summer One Time Workshops



**H O R I Z O N**  
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**Who am I Now? Rebuilding Identity & Purpose After a Loss:**  
Monday, October 12th  
12:30pm - 2pm



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



**GRC Book Club: *The Hot Young Widows Club* by Nora McInerney:**  
Friday, October 23rd  
1pm - 2:30pm



**Grief or Depression?:**  
Wednesday, October 28th  
1pm - 2pm

**DEPRESSION vs. GRIEF**



**See descriptions on our website!**



## *Grief 101: An Introductory Class on Grief & Healing*

Grief 101 meets every Thursday, 4:00-5:00 pm. No registration required.

A cycle of 4 classes will run continuously, each of the 4 weeks covering unique topics.

- Class 1: Getting the Lay of the Land
- Class 2: Navigating the Ups & Downs
- Class 3: Exploring New Territory
- Class 4: Honoring the Journey

Participants may join at any point in the cycle and participate in the classes as many times as they like.

# 2026 Summer Multiple Time Workshops



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## *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 • July 9th, August 13th, September 10th, October 8th

### *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.

Friday, July 17th 1pm - 3pm • Tuesday, August 11th 2pm - 4pm  
Monday, September 14th 3:30pm - 5:30pm • Friday, October 2nd 10am - 12pm

### *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.

Wednesday, July 8th 2pm - 4pm • Friday, August 28th 1pm - 4pm • Monday, September 21st 12:30pm - 3:30pm

### *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

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**HORIZON**  
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)

## Help us Enhance our Hospitality, Library and Programming Supplies

Horizon Grief Resource Center has been committed to providing free grief counseling, support groups, workshops and classes to anyone in the community touched by loss for the past 20 years. Our development department runs several events throughout the year, such as the Matters of the Heart Gala in spring and Golf Fore Horizon in late summer, to ensure these services remain free and open to the public in order to reduce additional stress on grievers during some of the most difficult periods of their lives.

We are grateful for our donor's support of our mission and conscientious about how we utilize those funds. As we continue to enhance our programming at the Grief Resource Center, we are looking for a few specific items to help us improve our hospitality, upgrade our library, and run our upcoming workshops and groups.

We've put together an Amazon Wish List with the exact items we need. If you'd like to contribute, simply purchase an item and it will be shipped directly to us! Please know this is entirely optional. Your continued participation in our services is the greatest support of all, and we appreciate you either way.

You can go directly to the website: [https://www.amazon.com/hz/wishlist/ls/1ER34FJ4Y7RED?ref=list\\_d\\_wl\\_lfu\\_nav\\_3](https://www.amazon.com/hz/wishlist/ls/1ER34FJ4Y7RED?ref=list_d_wl_lfu_nav_3)

Or scan the QR code:



*"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