



HORIZONSM

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.

Winter 2026
Volume 16, Issue 3

Touching Lives... Touched by Loss for Twenty Years

The Grief Resource Center is honored to have been providing a safe haven and resources for individuals, families, community groups and professionals for the last twenty years.

The Grief Resource Center began as an idea of our then President & CEO, Mary Haynor, who learned of the concept of grief centers while attending a conference. Her vision was to provide grief resources and services to anyone in the community going through grief and loss, even if they never used Horizon Home Care & Hospice services before. Most notably, for free, so that no one had additional burdens placed on them during such a sensitive time. On July 11, 2006, the first Grief Resource Center had its grand opening in Brown Deer.

A lot has changed over the last twenty years. The Grief Resource Center has moved along with the Horizon Home Care & Hospice main headquarters to the Park Place business park, on the border of Menomonee Falls and Milwaukee. In addition, we have expanded the variety of support groups, workshops and classes we offer. You can see our current schedule on pages 11-16.

What has not changed is the fact that we recognize grief as a life-changing, yet common human experience. We remain dedicated to serving those whose lives have been touched by loss.



Horizon Helps Honor Veterans

By: Lisa Paulson, MT-BC



Veteran's Day was established in 1954 when Armistice Day was renamed by President Eisenhower to recognize all veterans. For many of us, we recall the phrase from 1918 "on the 11th hour of the 11th day of the 11th month" when World War I ended. Although it took months before the Treaty of Versailles was formally signed. Often when I thank a veteran, I note the courage they had to sign their life over to Uncle Sam for the next several years. Uncle Sam tells you what to wear, where to live, and assigns you to posts stateside or abroad without much input from you or your family. All the veterans I have met over the years have served with integrity whether they were sent to the front lines or supported troops on the front lines. They all worked together in the hopes everyone would come home from each mission. The military creates a brotherhood, a family, that often civilians do not understand. Everyone I know who has served their country has been changed forever by that choice.

Horizon has always viewed honoring our patients' military service as an important part of their hospice journey. Those small, but meaningful moments of recognition may be the first time a veteran has been formally thanked for their service. Horizon partnered with We Honor Veterans almost 10 years ago. While we regularly hold small ceremonies to honor our patient's service throughout the year, on Veterans Day our staff takes time to help senior living communities honor all of their residents who served our country! This year, we helped facilitate 12 programs, and with the addition of individual veterans recognized in other communities, Horizon honored a total of 223 veterans!

Veterans Day programs include patriotic music including the service branch songs. Each veteran is awarded a certificate of recognition and a flag pin as their name is called. Programs may vary with some including The Empty Table, Taps, the Pledge of Allegiance, or memories shared by residents from their time in service. All the programs leave a lasting impression on those of us who have the honor of being present to thank the men and women (as well as their families) who chose to serve their country. We are forever grateful for their service.



WELCOME HOME VIETNAM VETERANS

HONORING CHARACTER, COURAGE AND NEVER FORGETTING...

Please Join Horizon Home Care & Hospice
In Saying Thank You To Our Vietnam Veterans

MARCH 25TH, 1:30 TO 3PM
HORIZON HOME CARE & HOSPICE
11002 W PARK PLACE
MILWAUKEE, WI

THE EVENT WILL FEATURE:

- A ceremony
- The opportunity to interact with other Veterans
- Light refreshments

PLEASE RSVP BY 3/16/2026
(414) 586-8383

REGISTER:



Death Café



Throughout the year, Horizon Home Care & Hospice has proudly served as a hosting site for Death Café meetings—unique gatherings that invite open, honest conversations about life's final chapter. These events have welcomed staff, volunteers, and community members, creating a safe and supportive space to explore a topic often considered taboo: death.

What is a Death Café?

A Death Café is not a physical café but a scheduled, non-profit event where people come together to talk about death over tea, coffee, and cake. The concept began in 2004 with Swiss sociologist Bernard Crettaz, who wanted to break the “tyrannical secrecy” surrounding death. In 2011, Jon Underwood introduced the idea in London and launched the Death Café website, sparking a global movement. Today, thousands of these conversations take place worldwide.

Why Talk About Death?

The purpose of a Death Café is simple yet profound: to increase awareness of death with a view to helping people make the most of their (finite) lives. These informal discussions allow participants to share thoughts, fears, and hopes about mortality in a welcoming environment. There is no agenda, no judgment—just authentic conversation that helps reduce fear and encourages living fully.

Horizon's Role

By hosting Death Café gatherings, Horizon continues its mission of supporting individuals and families through every stage of life. These events have provided a meaningful opportunity for our community to connect, reflect, and learn from one another. Whether you're a healthcare professional, a caregiver, or simply curious, the Death Café offers a chance to engage in a dialogue that matters.

Join the Conversation

We look forward to continuing these gatherings in the coming year. For more information on Death Café and to register for upcoming gatherings, please go to www.gmdeathdoulas.com or email Kimberly.Szymanski@horizonhch.org

Upcoming Death Cafes at Horizon Home Care & Hospice:

Friday February 6th, 2026 • 4:00PM - 6:00PM

Friday April 17th 2026 • 4:00PM - 6:00PM

Friday May 15th , 2026 • 4:00PM - 6:00PM

In association with the public media & education initiative

speakinggrief.org

SPEAKING GRIEF

Produced by:



Philanthropic support from:



NEW YORK LIFE
FOUNDATION

Horizon's Grief Resource Center invites you to join us for a public screening of the documentary *Speaking Grief* followed by a panel discussion.

When: Tuesday March 17th from 3:00PM-5:30PM

Where: 11002 W Park Pl Milwaukee, WI 53224

Speaking Grief explores the transformative experience of losing a family member in a death and grief avoidant society. 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. *Speaking Grief* also addresses the role support from friends and family plays in a person’s grief experience, introducing ideas for how we can get better at showing up for people in their darkest moments.

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.

Space is limited. Register by scanning the QR code or calling (414) 586-8383.



William Worden's Tasks of Mourning

The task model of grieving was created by William Worden and provides some structure for those feeling lost in the throes of grief. There are four tasks of mourning in this model, each providing a description of grief work that may help a person move towards healing. The tasks do not have to happen in any particular order and there is no timeline for completing the tasks. Multiple tasks can also be worked on at the same time. People may also need to revisit tasks as their grief evolves over time.

Task One: To accept the reality of the loss.

This is often a person's first task of grieving; to face the reality of their loved one's death. Keep in mind that acceptance doesn't require liking or approving of something, it means only that the facts are accepted as reality. People work on this task by going to funerals or other memorial services as well as thinking and speaking about the person's death. This task also includes acceptance of the depth of the relationship and the ripple effect of losses through different areas of life.

Task Two: To work through the pain of grief.

Worden made this task broad on purpose to account for the fact that each person will go through their own range of emotions as they mourn their loved one. People work on this task by acknowledging their feelings and working to understand them. People may speak to others about how they're feeling or find other ways to express emotions privately. Those who tend to avoid or deny their grief may have trouble with this task. Finding healthy ways to cope with the painful emotions of grief is an important part of this task.

Task Three: To adjust to a world without the deceased.

The adjustments a person makes depend on the relationship they had with the person who died and what roles they played in each other's lives. There are internal adjustments which involve the impact of loss on one's sense of self or in other words a person's identity. There are external adjustments which are reflected in how the loss impacts one's daily functioning. An example of this would be when a spouse learns new skills to manage the household finances when the spouse who died used to take care of this in the relationship. People also make spiritual adjustments depending on how the loss has changed a person's values, beliefs and worldview.

Task Four: To find a way to remember the deceased while embarking on the rest of one's journey through life.

This task is about fostering an ongoing emotional connection to the person who has died, while allowing yourself to continue living. This task acknowledges the value of memorializing our loved ones while still going on with life. To work on this task, people allow themselves to have thoughts and memories of their loved one while engaging in new things. For many people this is the most difficult task. To those struggling, we offer this encouragement; "Grieving is something that does take time. However, the oft repeated phrase time heals holds only a partial truth. Healing comes from what the grieving person does with the time." (Worden, 2018)



On Lamentations

By: Clay McConnell

In her twilight and demise, some of you
cried, wept, or sobbed near,
the tacit, communal mourning
endearing you to me, Job's true friends.
Watery sorrows confessed your love
and affirmed my desolation,
your pooled tears a baptism
even then birthing my alien life shorn of her.

"The reactions of grief are not like recipes, with given ingredients and certain results... Grief is universal. At the same time, it is extremely personal. Heal in your own way."

- Rabbi Earl Grollman

Be a Part of a Winning Night to Celebrate Hope: The 19th Annual Matters of the Heart Gala

Join us on Saturday, February 28, 2026, at The Pfister Hotel (424 E Wisconsin Ave, Milwaukee) for an unforgettable evening of fun and purpose. This year's Game Show Gala theme promises an interactive, lively experience—all while supporting Horizon's Grief Resource Center, the only free grief counseling center in Southeastern Wisconsin. Together, we can continue providing compassionate care to more than 2,000 individuals each year.

Honoring Extraordinary Leaders: Touching Lives Award Recipients

We are proud to recognize three individuals whose leadership and generosity have shaped our community:

- **George Fahr** – Retired President and Founder, Digicorp. George is celebrated for visionary leadership in technology and a steadfast commitment to service, uplifting others through mentorship and philanthropy.
- **Julia Taylor** – Former President, Greater Milwaukee Committee. Julia's decades of civic innovation and collaborative leadership have transformed Milwaukee's economic and social landscape, guided by equity and inclusion.
- **Anne Zizzo** – Founder & CEO, Zizzo Group Engagement Marketing. Anne is honored for trailblazing philanthropy and creative community engagement, investing millions in local nonprofits and inspiring a culture of giving through initiatives like the Donut Smackdown and founding Cristo Rey Jesuit High School.

Why Your Support Matters

Your sponsorship or ticket purchase helps Horizon:

- Provide free grief counseling for children, teens, and adults navigating loss
- Raise awareness for mental health and healing
- Celebrate community resilience in a joyful setting

Ways to Support

- Attend the Gala: Enjoy an evening of games, prizes, and heartfelt moments
- Become a Sponsor: Sponsorships start at \$1,000 with recognition and seating benefits
- Donate an Auction Item or Experience: Help make our auction exciting and impactful
- Volunteer at the Event: Be part of the team that makes this night unforgettable

Learn more and secure your spot: <https://horizontalgala26.givesmart.com> or contact us at (414) 586-8341



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.



Our Community Voices



What is a Memory?

Submitted by: Lynda Ferguson



What is a memory? Mr. Webster defines it as the power or process of recalling what has been learned and retained, as well as the ability to remember—or to be remembered.

Memory is one of our greatest gifts. It allows us to recall both the good and the bad, helping us learn, grow, and regulate our emotions and behaviors. For example, when you touch a hot burner, you quickly learn not to do that again. In the same way, our experiences—pleasant or painful—teach us valuable lessons about life.

Recently, my basement flooded. I discovered that our wedding pictures and photographs from many of our trips were destroyed. At first, I could have cried over the loss, but instead I chose to reflect on what those pictures represented. We were married for 48 beautiful years and shared a wonderful ceremony surrounded by love. The photos may be gone, but the memories of that day—and of all our adventures together—remain vivid in my heart.

By focusing on the positive, I didn't deny the destruction; I simply chose to approach it with gratitude and perspective. Yes, my basement was completely destroyed, but I reminded myself of this small truth: my basement has never been so clean.

The flood may have taken away many physical “things,” but it could never wash away the moments that truly matter. Memories live within us—they are the treasures that no storm, no fire, and no flood can ever destroy.

Irony

Submitted by: Clay McConnell

Are you sure you're OK to make this trip?

“I don't know.”

The waver in your voice made me turn
onto a nondescript side street.

Oncologist's phone verdict: ER

shift in gear

turn home

abandon wedding

disembark children

unload luggage

warily trek to hospital

again

Scant weeks later, standing at your burial plot,
I quietly jolted with ironic hindsight, realizing
just adjacent lay that nondescript street
where our plans had crumbled irretrievably.

She Has Died

Submitted by: Dick B.

She has died

And with her death

Something inside me

Has also died

The spark of life seems to be gone

I dig in the ashes

But find no ember

I am a zombie

Lost to this world

Merely going thru

The motions of living

The ship sails on

But I'm not on it

I just want to sit here

And do absolutely nothing

Is not wanting to live

The same thing as

Wanting to die

There is no “right” time to give away a late spouse's things

Submitted by: Michael Savic and Lynda Ferguson

When it came time to sort through Bob's and Lorraine's belongings, we turned to the “spark of joy” method. It encouraged us to ask whether each item still offered warmth or light in our lives—not simply whether it once brought joy to Bob or Lorraine. We moved at our own pace, giving ourselves the space and grace we needed. Lorraine passed on May 27, 2023; Bob on September 18, 2024. Over time, we chose a few special things to keep in a memory box.

Donating the rest felt like a way of honoring what we shared while gently allowing ourselves to keep moving forward. Many of Bob's ties were given to an organization he cared deeply about, and the men wore them at their installation ceremony as a quiet, heartfelt tribute to him.

Lorraine was a gifted needlepoint artist. In her will, she left a list of friends across the United States and Canada who were to receive some of her creations. Many of her vitamins and personal-care items were donated to charities that support immigrants as they begin new lives.

Letting go is never easy, but it can be part of the soft, unfolding work of healing—creating space for cherished memories while opening the door to new beginnings.

Ongoing Support Groups



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

Thursdays 12:30 - 2:00 pm

All new group members start in this group

Second Phase Death of a Spouse/Partner Support Group

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
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.

Short Term Support Groups



January 2026:

Soul Book Experience:
Wednesdays, January 7th - 21st
1 - 4pm



Increase Happiness and Wellbeing:
Wednesdays, February 4th - March 11th
2:30 - 4pm



Loss of a Sibling:
Tuesdays, January 13th - March 10th
4 - 5:30pm
* No group on 02/24/25 *



GRC Book Club: The Hot Young Widows Club by Nora McInerny:
Thursdays, January 15th - February 5th
2:30 - 3:30pm



February 2026:

Loss of a Parent:
Mondays, February 2nd - March 30th
4 - 5:30pm
* No group on 02/23/25 *



Writing to Heal:
Wednesdays, February 11th - March 18th
9:00 - 10:30 am

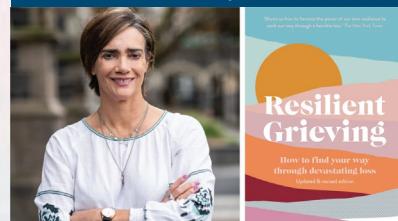


Writing to Heal:
Tuesdays, March 24th - April 28th
4 - 5:30pm



April 2026:

GRC Book Club: Resilient Grieving by Lucy Hone, PhD:
Mondays, April 6th - 27th
4 - 5:30pm



Creative Soul Searching:
Fridays, February 13th - April 10th
1:30 - 4:00 pm



See descriptions on
our website!



March 2026:

Soul Book Experience:
Mondays, March 16th - 30th
12:30 - 3:30 pm



2026 Winter One Time Workshops



January 2026:

What Do I Do with This?

Handling Belongings:
Monday, January 5th
4 - 5:30pm



Cultivating Joy:
Tuesday, January 6th
11 - 12:30pm



Sleep and Grief:
Monday, January 19th
2 - 3pm



Shades of Grief:
Wednesday, January 28th
2 - 4pm

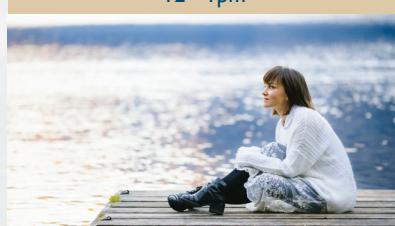


February 2026:

Journaling for Grief:
Monday, February 2nd
1 - 2:30pm



Coping with Loneliness After a Loss:
Wednesday, February 11th
12 - 1pm



Stitching Hearts to Hold:
Thursday, February 12th
2:15 - 3:45pm



Coping with Anxiety After Loss:
Tuesday, February 17th
10 - 11am



How to Sit with & Communicate Your Grief with Others:

Thursday, February 19th
2:30pm - 4pm



March 2026:

Grief or Depression:
Wednesday, March 4th
3 - 4pm

DEPRESSION vs. GRIEF



Coping with Loneliness After Loss:
Tuesday, March 10th
2:30 - 3:30pm



Speaking Grief Documentary Screening and Panel Discussion:
Tuesday, March 17th
3 - 5:30pm



2026 Winter One Time Workshops



April 2026:

What Do I Tell Them? Tips for Talking with Children about Death and Grieving:
Thursday, March 26th
2:30 - 3:30pm



Mile Markers: Coping with Landmarks on Your Grief Journey:
Tuesday, April 7th
1 - 2pm



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



A Lump in my Throat & A Pit in my Stomach. Physical Responses to Grief:
Friday, April 3rd
12 - 1pm



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



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



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. Grief 101 will not be running on Thanksgiving Day, Christmas Day, or New Year's Day.

See descriptions on our website!



2026 Winter Multiple Time Workshops



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. 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 • January 8th, February 12th, March 12th, April 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.

**Monday, January 12th 3:30-5:30pm • Friday, February 13th 9-11am
Monday, March 9th 1-3pm • Wednesday, April 22nd 2-4pm**

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.

Monday, January 26th 3:30-5:30pm

Monday, February 16th 12:30-2:30pm

Wednesday, March 18th 2-4pm





HORIZON
Grief Resource Center

11002 W. Park Place
Milwaukee, WI 53224
414.586.8383

Also visit us on the web
www.horizonhch.org

www.horizonhch.org/grc

Shattering Grief

Walking through the Grief Resource Center on any given day, one can hear a symphony of sound from people and activities. Laughter as a memory is shared, wailing from heartbreak, coffee maker bubbling, pottery breaking, warm greetings exchanged. You may have reread that sentence to confirm that pottery breaking is indeed a common sound heard from the center. Once per month, the Grief Resource Center offers a workshop called Shattering Grief where people can express the emotions of their grief in a creative way.

On the day of a Shattering Grief workshop, a few humble supplies are brought out of the cabinets to make their monthly appearance. A hammer, clay pots, hot glue and markers are the simple tools that are used to transform the thoughts and feelings of grief into something tangible. Using the hammer (along with safety equipment), participants smash, break and shatter a clay pot in a process that can only be described as cathartic. Left to gather the pieces of their pot, each person reflects on how their loss has impacted them, and each person embarks on a seemingly impossible task of rebuilding their pot. The result is an art piece as unique as the person who built it.

The shattered pot becomes a relatable metaphor for grief. The death of a loved one changes the shape of life into something unrecognizable. People may feel angry, uncertain, resentful that they are left with broken pieces of something that was previously whole. When given the time and the right tools, rebuilding is possible. While the original pot (life) cannot be recreated, it is never forgotten, and something new is made. The cracks might be visible, and it may have taken more than a few hot glue sticks, but it will be beautiful and it will be yours.

If you are interested in participating in a Shattering Grief workshop at the Grief Resource Center, please review upcoming dates and times for this workshop on page 15. Instructions for registration may also be found on page 11.



“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