

Horizon Grief Resource Center

Spring & Summer 2021 Schedule

Free Short-Term Grief Counseling via phone or computer using gotomeeting:

Talking about our loss and sharing our feelings is one way to reduce the intensity of grief. Grief counseling is an opportunity to share about your loved one, talk about your loss, learn about the grief process, how to cope effectively, and help you navigate life without your loved one. Our Licensed Professional Counselors, Kayla Waldschmidt and Kiri Meyer, are available Monday through Friday for individual, couples, or family short-term counseling. Services are available to anyone experiencing grief—sessions are free of charge. **To schedule an appointment, call (414) 586-8383.**

Horizon Grief Resource Center 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 Grief Resource Center, (414) 586-8383, to speak with a Bereavement Counselor and fill out opening paperwork.

Death of a Spouse/Partner Support Group

Thursdays @ 12:30-2:00pm

All new members start in this group.

Second Phase Death of a Spouse/Partner Support Group

Thursdays @ 10:00-11:30am

Permission from facilitator required to attend this group.

Short Term Support Groups

To participate in virtual support groups, participants will be required to fill out paperwork provided by the Grief Resource Center, before the beginning of the group. Please note: all virtual support groups need a minimum of 5 registrants to run.

Register: <https://www.horizonhomecareandhospice.org/about-horizon/calendar/>

Writing to Heal Support Group

Wednesdays, April 14th-May 19th @ 12:30-2:00pm

Grief of a Loved One Support Group

Mondays, May 3rd-June 14th @ 4:30-5:30pm

Loss of a Parent Support Group

Thursdays, June 10th-July 29th @ 4:00-5:30pm

Radical Compassion Book Discussion

Wednesdays, June 30th-August 4th @ 12:30-1:30pm

Young Widow(er)s Virtual Lunchtime Support Group

Fridays, July 16th-August 20th @ 12:00-1:00pm

Participants must be ages 20-45



Horizon Grief Resource Center

Spring & Summer 2021 Virtual Program Schedule

NEW Virtual Gatherings

Please note: all virtual support groups need a minimum of 5 registrants to run.

Register: <https://www.horizonhomecareandhospice.org/about-horizon/calendar/>

Monthly Movie Club

Join us for a virtual movie/tv discussion group. Participants will watch the specified movie/tv show independently and then join in to chat with others at our scheduled time. We will meet monthly – join us for one or all!

Monday, May 10th @ 4:30-5:30pm

Season One: After Life (Netflix)

Thursday, June 10th @ 4:30 – 5:30pm

Finding Neverland

Wednesday, July 21st @ 3:00-4:00pm

The Last Word

Thursday, August 19th @ 4:30-5:30pm

P.S. I Love You

Virtual Book Club

Join us for a virtual book club exploring the themes of grief, growth, and wellness. We will meet quarterly - May, August, November. Join us for one or all of the books!

Tuesday, May 4th @ 4:30-5:30pm

Saturday Night Widows: The Adventures of Six Friends

Remaking their Lives | By: Becky Aikman

Monday, August 23rd @ 4:30-5:30pm

The Happiness Project | By: Gretchen Rubin

Participants will need to purchase/rent/borrow and complete the movie/tv show/book prior to the discussion start date. These movies/tv shows/books can be found at many libraries, large and local retailers, streaming services, or on-demand. Books can also be found on the following apps: Libby, Audible, and Kindle.

Come & Create

When under stress, our brains are affected. While our thinking, learning, and attention can decrease, our sensory systems stay online (art, movement, music, etc.) Doing something creative or sensory can help reduce stress and bring our full brain back on line. This can be a powerful tool to help cope with grief. Having a dedicated time each month helps you build a healthy habit and gives you accountability and support from others. Come & Create is a monthly virtual gathering with like-minded people who will silently create together. Attend one or join us for them all!

These will take place every 3rd Tuesday of the Month @ 3:30-5:30pm.

April 20th, May 18th, June 15th, July 20th, August 17th, September 21st, October 19th, November 16th, December 21st

Format:

3:30-3:40pm Hellos & Introductions | 3:40-5:10pm Work time (everyone will be on mute so you can have your own music/background noise or silence while you create) | 5:10-5:30pm Opportunity to share what you worked on (not required if you would rather not share)

*Participants will need to provide their own supplies and projects.
Not sure what to create? Horizon will email a packet with ideas and suggestions.*

Webinars & Interactive Workshops

All webinars are free and open to the public. To participate in interactive workshops, participants will be required to fill out paperwork provided by the Grief Resource Center, before the program. Please note: all programs need a minimum of 5 registrants to run. **Register:** <https://www.horizonhomecareandhospice.org/about-horizon/calendar/>

Comforting the Bereaved Interactive Workshop
Monday, April 5th @ 4:00-5:00pm

Forgiveness Webinar
Wednesday, April 14th @ 2:30-4:00pm

APRIL

Collective Grief: Grieving as a Society Webinar
Friday, April 30th @ 2:00-3:00pm

MAY

Grief in the Body: Emotional & Physical Impacts Interactive Workshop
Wednesday, May 5th @ 3:00-4:00pm

What do I do with this?: Re-purposing Places & Spaces Webinar
Thursday, May 20th @ 4:30-5:30pm

JUNE

Tools to Survive a Bad Day Interactive Workshop
Wednesday, June 9th @ 2:30-4:00pm

Hope's Role in Grief Webinar
Tuesday, June 15th @ 5:00-6:00pm

Can I Talk to You?: Finding Outlets to Talk about Grief Webinar
Tuesday, June 22nd @ 4:30-5:30pm

Art Journaling for Grief Webinar
Friday, June 25th @ 12:30-2:00pm

JULY

Hike Your Own Hike: Nature's Role in Grief Webinar
Monday, July 12th @ 3:00-4:00pm

Gratitude in Grief Webinar
Tuesday, July 27th @ 10:00-11:30am

AUGUST

Handling Anger & Guilt Webinar
Thursday, August 5th @ 4:00-5:30pm

Soothing Physical Grief: Massage Techniques at Home Webinar
Thursday, August 12th @ 4:00-5:00pm

The Melody of Grief: Using Music to Help Us Feel Interactive Workshop
Tuesday, August 24th @ 5:00-6:00pm

Journaling for Grief Webinar
Monday, August 30th @ 1:00-2:30pm

How to Register for Programming & Support Groups

Option 1

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 2

Interactive Workshops & Support Groups:

<https://www.surveymonkey.com/r/interwork2021>

Webinars, Discussion Groups (books & movies/TV shows) & Come & Create:

<https://www.surveymonkey.com/r/grcprog2021>

The emotional and physical safety of our participants is of the utmost importance to us. Due to COVID-19 concerns, all groups and workshops will be held virtually until further notice.