



# Horizon Grief Resource Center

## Spring & Summer 2023 Schedule

### ARE YOU NEW TO GRIEF?

#### Grief 101: An introductory Class on Grief and Healing

- Meets every Wednesday from 2:30-3:30pm, starting Wednesday, June 21<sup>st</sup>.
- Cycle of 4 classes will run continuously, each of the 4 weeks covering unique topics.
- Participants may join at any point in the cycle and participate in the classes as many times as they like.
  - NO REGISTRATION REQUIRED

#### Free Short-Term Grief Counseling:

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, find ways to cope effectively, and help you navigate life without your loved one. Our Licensed Professional Counselors, Kayla Waldschmidt and Madisen Stoler, 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 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 support groups need a minimum of 5 registrants to run unless otherwise indicated. **Register:** <https://www.horizonhomecareandhospice.org/about-horizon/calendar/>

#### **Writing to Heal**

This six -week group helps you process and heal from your grief through a variety of writing exercises and activities. All supplies will be provided.

**YOU MUST ATTEND ALL SIX SESSIONS.**  
Minimum of 3 and maximum of 5 registrants.

**Thursdays, June 15<sup>th</sup> – July 20<sup>th</sup> 4:00 – 5:30**  
**Wednesdays, September 6<sup>th</sup> – October 11<sup>th</sup> 12:30 – 2:00**

#### **Loss of a Parent Support Group**

This eight-week support group is for any adult (18+ years old) who has lost a parent. Each week will focus on a different aspect of grieving a parent.

**PARTICIPANTS ARE REQUIRED TO ATTEND THE FIRST SESSION AND ASKED TO BE PRESENT ALL 8 SESSIONS.**

Minimum of 4 registrants.  
Participants may attend this support group no more than two times.

**Tuesdays, June 20<sup>th</sup>-August 15<sup>th</sup> (no group July 4<sup>th</sup>)**  
**10:00 – 11:30am**

#### **Picking up the Pieces**

Take some time to pause and focus on you. We invite you to renew, strengthen and balance. This group is an opportunity to honor how the past has shaped who you have become, release what you no longer need, and focus on bringing yourself into balance and harmony.

**YOU MUST ATTEND ALL EIGHT SESSIONS.**  
Minimum of 5 registrants.  
Your loss must have occurred at least 9 months ago to participate.

**Mondays, July 10<sup>th</sup>-August 28<sup>th</sup> 4:00 – 5:30**

#### **Art Journaling through Grief**

Explore your grief through color, image, and metaphor. We will complete art journaling pages during each class, which will teach you about grief as well as personalize it to your unique experience with grief and loss. No creativity or previous art journaling experience required to join this group. All supplies will be provided. We will use primarily cut and paste journaling and collage.

**YOU MUST ATTEND ALL SIX SESSIONS**

**Fridays, July 21<sup>st</sup> – August 25<sup>th</sup> 1:00 – 3:30**



# Horizon Grief Resource Center

## Spring-Summer 2023 Program Schedule

### Gatherings

Please note: all gatherings need a minimum of 5 registrants to run unless otherwise indicated.

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

### Songs to Remember

You've probably had the experience of hearing a song on the radio or in a movie that instantly brought you back to a memory or time from the past.

In this workshop you are invited to choose 1-2 songs that help you grieve, honor, and connect with a loved one who has passed away. We will take turns listening to each other's songs and discussing the meaning behind the music.

A minimum of 4 Registrants is required.

**Monday, May 1<sup>st</sup> 3:00 – 4:00**

**Monday, June 26<sup>th</sup> 4:30-5:30**

### Monthly Community Circle

Talking circles have been utilized to discuss important issues, build community and develop a deeper sense of self-awareness and empathy.

Topics include trust, forgiveness, values, and identity.

**Wednesday, May 17<sup>th</sup> 12:30 – 2:00**

**Tuesday, June 6 4:00 – 5:30**

**Monday, July 10<sup>th</sup> 1:30 – 3:00**

### Remaking Our Lives

This three-part workshop will give you tools to help you begin remaking your life. We will use the book *Saturday Night Widows: The Adventure of Six Friends Remaking Their Lives* by Becky Aikman to inspire our discussions. Each participant will be required to buy/rent the book and read one-third of it prior to each meeting. All losses welcome

**Mondays, June 5<sup>th</sup>-19<sup>th</sup> 4:00 – 5:30**

### Journaling for Grief

Journaling is a great way to get in tune with how you are feeling, gain insight into yourself, as well as see the changes in your grief journey. Learn and experiment with basic written journaling techniques and learn about art journaling.

**Friday June 9<sup>th</sup> 12:30-2:00 pm**

### Book Club

This book is a collection of brief writings, illustrations, and creative diagrams that explore the wide range of emotions and experiences that grief and encompass. This book is intended for anyone that has lost a loved one or is close to someone who is grieving. Join us for a book club exploring grief.

*Welcome to the Grief Club: Because You Don't Have to Go Through it Alone* by Janine Kwok

*Participants will need to purchase/rent/borrow and complete the book prior to the discussion start date. These books can be found at many libraries, large and local retailers. Books can also be found on the following apps: Libby, Audible, and Kindle.*

**Wednesday, May 10<sup>th</sup> 12:30 – 1:30**

### Guided Meditation

Whether you are someone who meditates or practices mindfulness consistently, or someone who has never participated in meditation, this workshop is for you! Join us and experience a guided meditation that will facilitate the experience of various emotions, memories, and a sense of calm. Minimum of 4 Registrants is required.

**Wednesday, May 24<sup>th</sup> 2:00 – 3:00**

**(This will be held in the Serenity Garden, weather permitting)**

### 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. Registrants are asked to bring a photo of your loved one. Minimum of 3 registrants required.

**Monday, June 12<sup>th</sup> 2:00 – 3:30**

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### **Mindfulness & Grief**

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while acknowledging and accepting one's feelings, thoughts, and bodily sensations. Come learn and practice mindfulness skills to help you navigate your grief.

**Wednesday, June 14th 2:30 – 4:00**

### **Handling Anger & Guilt**

Guilt and anger can be two of the most persistent and intense feelings during grief. This workshop will give you tools to handle both tumultuous feelings.

**Wednesday, June 28<sup>th</sup> 12:30 – 2:00**

### **Understanding our Emotions**

Many of us lack confidence in understanding our emotions or knowing what to do with them. This webinar is for anyone who is wants to explore new ways of relating to your emotions and the emotions of others and learn a few tools for navigating big emotions. Minimum of 3 registrants.

**Monday, July 17<sup>th</sup> 3:00-4:00**

### **S.E.L.F.Care**

Did you know that you can practice self-care in 15 minutes a day? Come learn the powerful tools of S.E.L.F. care and how you can integrate it into the fabric of your day—no money or extravagant tools necessary. Practice tools that will give you peace and calm amidst the storm of grief and for life in general.

**Friday June 23<sup>rd</sup> 12:30-2:00 pm**

### **Gratitude in Grief**

You may think that during your time of grief there is very little to give thanks for. Come learn how gratitude can change your worldview without changing your circumstances. You will learn several gratitude practices to find one that works well for you.

**Wednesday July 12<sup>th</sup> 12:30-2:00 pm**

### **Mindful Self Compassion**

Based on the research and teachings of Kristin Neff, PhD, and Christopher Germer of Mindful Self-Compassion. We will participate in a series of activities and practices that increase self-acceptance, build inner strength, and instill a greater sense of peace. Minimum of 3 registrants.

**Tuesday, July 25<sup>th</sup> 4:30 – 5:30**

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

#### Option 1

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 2

Go directly to Survey Monkey for our programs.

<https://www.surveymonkey.com/r/springGRC2023>



