

Horizon Grief Resource Center

Fall & Winter 2020-2021 Schedule

The Horizon Grief Resource Center offers free counseling, workshops and support groups throughout the year. The services on this page are offered weekly.

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.

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.

Registration Support Groups:

These groups meet weekly and require registration to attend. Before your first time attending a group session, you will need to contact the Grief Resource Center to speak with a Bereavement Counselor and fill out opening paperwork. Until further notice, these groups will be conducted virtually via gotomeeting.com.

Death of a Spouse/Partner Support Group:

Thursdays 12:30—2:00pm

All new group 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.

Please know there will be no group meetings on the following dates:

Thanksgiving Day: 11/26
 Christmas Eve Day: 12/24
 New Year's Eve Day: 12/31



Horizon Grief Resource Center

2020-2021 Short-term Virtual Support Groups

Please note: All virtual support groups need a minimum of 3 registrants to run.

Register: <https://www.horizonhch.org/grc>

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 program.

Understanding Your Grief Group

Tuesdays, October 20th — November 24th at 10:00—11:30 a.m.

This six week group utilizes the book *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing Your Heart* by Alan Wolfelt and its corresponding journal. Each participant will be required to read two chapters prior to each meeting, including prior to the first session.

Each participant will need to purchase their own book & journal. (Amazon.com sells *Understanding Your Grief* for \$11.21 and *Understanding Your Grief Journal* for \$11.62). Please plan to order your books at least 10-14 days prior to the group so they arrive before the group begins.

Must be registered by: Thursday, October 8th.

Writing to Heal Group

Mondays, October 19th—November 23rd at 12:30—2:30 pm

This six week group helps you process and heal from your loss through a variety of writing exercises. Open to adults who have experienced the death of a loved one.

You will need the following supplies: a notebook/journal, favorite writing utensil, markers or crayons, and butcher paper or masking paper.

A minimum of 4 people and a maximum of 7 required to run this group.

Must be registered by: Thursday, October 8th.

Writing to Heal Group

Tuesdays, January 12th—February 16th, at 3:30—5:30 pm

This six week group helps you process and heal from your loss through a variety of writing exercises. Open to adults who have experienced the death of a loved one.

You will need the following supplies: a notebook/journal, favorite writing utensil, markers or crayons, and butcher paper or masking paper.

A minimum of 4 people and a maximum of 7 required to run this group.

Must be registered by: Tuesday, January 5th.



Horizon Grief Resource Center

2020-2021 Virtual Educational Webinar Schedule

The Horizon Grief Resource Center conducts educational webinars throughout the year presented by our Bereavement Counselors and guest speakers. Below is a list of virtual webinars for October 2020 – February 2021.

Please note: All webinars need a minimum of 3 registrants to run and are open to the public.

Register: <https://www.horizonhch.org/grc>

October

Yoga for Healing

Friday, October 16th at 3:00—4:00 p.m.

Start your weekend off right by joining us for an hour of gentle restorative yoga. This kind of yoga is a collection of gentle stretches, heart-opening poses, and breathing for relaxation.

Must be registered by Wednesday, October 7th.

Holiday Grief Workshop

Tuesday, October 20th at 4:00—5:30 p.m.

Dreading the holiday season? Not sure if you want to celebrate the holidays or what you want to do without your loved one here? It is normal for grief to intensify during this season. Come learn tools and strategies to navigate through the last two months of the year.

Must be registered by Tuesday, October 13th.

Building a “New Normal”

Monday, October 19th at 11:00 – 12:00 p.m.

Our society does not speak much of grief, so it’s common to wonder if you are “grieving correctly.” This webinar will discuss common myths of grief, how individual grief can be, and give some resources to help build a “new normal.”

Must be registered by Thursday, October 15th.

Gratitude in Grief

Wednesday, October 28th at 2:00 —3:30 p.m.

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 work well for you.

Must be registered by Wednesday, October 21st.

November

Building Authentic Connections through Grief

Wednesday, November 4th at 2:00 – 3:00 p.m.

Have you ever felt as though your grief is a burden to others? Or even yourself? This webinar will help us find different outlets to connect in ways that help us to feel more authentically connected inwardly and to those around us. Grief can feel like a lonely journey, but we are all in it together.

Must be registered by Thursday, October 29th.

December

The Grief Spectrum: Finding Your Fit

Tuesday, December 1st at 4:30—5:30 p.m.

Grief is not a “one size fits all” experience. We all need different outlets to help ourselves lean into our unique grief journey. But where do we start? Join us to learn creative ways to embrace your grief and learn what feels right for you.

Must be registered by Tuesday, November 24th.

S.E.L.F Care

Friday, December 11th at 1:00 – 2:30 p.m.

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.

Must be registered by Friday, December 4th.

Holiday Grief Webinar

Thursday, December 3rd at 4:00—5:30 p.m.

Dreading the holiday season? Not sure if you want to celebrate the holidays or what you want to do without your loved one here? It is normal for grief to intensify during this season. Come learn tools and strategies to navigate through the last two months of the year.

Must be registered by Monday, November 30th.

Self-compassion for Type A Grievors

Thursday, December 17th at 3:00 – 4:00 p.m.

Do you consider yourself to have a Type A personality? For those of us who are used to living a Type A lifestyle, grief can feel like trying to run through molasses. This webinar will help us find compassionate ways to cope as we learn to live alongside our grief.

Must be registered by Thursday, December 10th.

February

The World Spins On: Keeping Your Grief Close

Wednesday, February, 17th @ 2:00 – 3:00 p.m.

What happens when the condolence cards, casseroles, and check-in calls stop coming in. Our grief can feel lost in the ever-spinning world. Take some time to learn ways to keep your grief close so you can take time to remember, honor, and celebrate your loved one.

Must register by Wednesday, February 10th.

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2020-2021 Virtual Interactive Workshop Schedule

The Horizon Grief Resource Center conducts interactive workshops throughout the year presented by our Bereavement Counselors and guest speakers. Below is a list of virtual workshops for November 2020 – February 2021.

Please note: All workshops need a minimum of 3 registrants to run.

Register: <https://www.horizonhch.org/grc>

To participate in virtual workshops, participants will be required to fill out paperwork provided by the Grief Resource Center, before the beginning of the program.

November

Journaling for Grief

Tuesday, November 10th at 3:30—5:30 p.m.

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.

Must be registered by Wednesday, November 4th.

Embracing Traditions through Change

Friday, November 20th at 3:00 – 4:00 p.m.

The colder months tend to bring about a myriad of traditions – some welcome and some that seem to be more difficult to continue now that our loved one has died. Join us for conversations about how we can embrace heart-filled traditions, or even build new traditions to embrace our loved one's memory.

Must be registered by Friday, November 13th.

December

Reflection Remembrance Ceremony

Tuesday, December 29th at 4:30 – 5:30 p.m.

This remembrance ceremony will center around the theme of reflection. During the holiday months, it can be healing to slow down and take time to honor our loved one, the grief we carry with us, and the hope we have for a bright future.

Must be registered by Tuesday, December 22nd.

January

New Year, Same You: Goal Planning for Grief

Monday, January 4th at 2:00 – 3:00 p.m.

While the new year may be filled with messages about transforming yourself and “starting over,” our grief may have taken a hit this holiday season. Let’s take some time to come together to embrace who we are at this moment and help each other take small purposeful steps into 2021.

Must be registered by Monday, December 28th.

Tools to Survive a Bad Day

Friday, January 15th at 12:30 – 2:00 p.m.

Grief is at times like an uncontrollable roller coaster. What do you do to help yourself through the rough days? Come learn strategies to give you strength, hope, and tools to get through your toughest days of grief.

Must be registered by Friday, January 8th.

Mile Markers: Coping with Hitting Grief Milestones

Thursday, January 21st at 2:30 – 3:30 p.m.

Grief has different mile markers for us all. This workshop will help us to note these mile markers both past and present so we can ask for the support we need throughout our journey.

Must be registered by Thursday, January 14th.

Art Journaling for Grief

Wednesday, January 27th, 1:00 – 3:00 p.m.

Learn how to create an art journal—a tool which can help you express yourself through your grief process and beyond, provide encouragement and inspiration, and be a stress relieving practice.

Must be registered by Wednesday, January 20th.

February

Cooking with Heart: Recipes of Love

Tuesday, February 2nd at 2:00 – 3:00 p.m.

Love is in the air ... or is that your loved one’s favorite recipe? Let’s join together and share our loved one’s favorite recipes as we take a stroll down memory lane and enjoy each other’s company as we come together around one of life’s biggest connectors – food!

Must be registered by Tuesday, January 26th.

Visit our website for more information and future events: <https://www.horizonhch.org/grc>