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, how 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. **Register:** https://www.horizonhomecareandhospice.org/about-horizon/calendar/

Writing to Heal
Mondays, February 20th – March 27th 4:00 – 5:30

Loss of a Parent
Tuesdays, April 11th – May 30th 3:30 – 5:00

Hope & Healing through Loss
Fridays, April 14th – May 19th 12:30 – 2:00

Picking up the Pieces
Wednesdays, March 15th – May 3rd 12:30-2:00

Women's Circle of Community & Healing
Thursdays, April 13th – May 18th 3:00 – 4:30

Gatherings

Please note: all gatherings need a minimum of 5 registrants to run.
Register: https://www.horizonhomecareandhospice.org/about-horizon/calendar/

Songs to Remember

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 others' songs and discussing the meaning behind the music.

Wednesday, March 8th 12:00 – 1:00

Thursday, April 6th 10:30 – 11:30 (VIRTUAL)

Monday, May 1st 3:00 – 4:00

Guided Meditation

Join us and experience a guided meditation that will facilitate the experience of various emotions, memories, and a sense of calm.

Thursday, March 16th 3:00 – 4:00

Monday, April 10th 1:30 – 2:30

Wednesday, May 24th 2:00 – 3:00 (This will be held in the Serenity Garden, weather permitting)

Monthly Community Circle

Talking circles have been utilized across time, originating with various indigenous groups, as a way to discuss important issues, build community and develop a deeper sense of self-awareness and empathy.

Monday, April 17th 2:30 – 4:00

Wednesday, May 17th 12:30 – 2:00

Tuesday, June 6 4:00 – 5:30

Monday, July 10th 1:30 – 3:00

Book Club

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 Kwoh
(Choose one)

Tuesday, March 14th 10:00 – 11:00 (VIRTUAL)

Wednesday, May 10th 12:30 – 1:30

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.

Interactive Workshops

All workshops are free and open to the public. Please note: all programs need a minimum of 5 registrants to run.
Register: https://www.horizonhomecareandhospice.org/about-horizon/calendar/

MARCH

S.E.L.F. Care
Wednesday, March 1st 12:30 – 2:00

Stitching Hearts to Hold
Friday, March 10th 12:30 – 3:00

Journaling for Grief
Friday, March 24th 1:00 -2:30

APRIL

Radical Acceptance
Wednesday, April 19th 12:00 – 1:00 (VIRTUAL)

JUNE

Shattering Grief
Monday, June 12th 2:00 – 3:30

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

Go directly to Survey Monkey for our programs

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