

Horizon Grief Resource Center

Spring & Summer 2022 Schedule

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 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/>

Loss of a Parent Virtual Support Group

Wednesdays, March 30th – May 18th @ 2:30 – 4:00pm

Writing to Heal Virtual Support Group

Fridays, April 15th – May 20th @ 12:30-2:00pm

Loss of a Parent Virtual Support Group

Wednesdays, June 8th – July 27th @ 12:30 – 2:00pm

Identity After Loss Virtual Support Group

Wednesdays, June 8th – July 13th @ 3:00 – 4:00pm

Writing to Heal Virtual Support Group

Tuesdays, July 12th – August 16th @ 10:00 – 11:30am

Horizon Grief Resource Center

Spring & Summer 2022 Virtual Program Schedule

NEW Virtual Gatherings

Please note: all virtual gatherings 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!

Tuesday, March 22nd @ 4:30-5:30pm

Minimalism: A Documentary about the Important Things
By *The Minimalists* | Netflix

Thursday, April 14th @4:30-5:30pm

The Guernsey Literary and Potato Peel Pie Society
Netflix

Tuesday, May 17th @ 4:30-5:30pm

After Life: Season 3
Starring *Ricky Gervais* | Netflix

Virtual Book Club

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

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

The Authenticity Project
By: Clare Pooley

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

A Half Baked Idea: How Grief, Love and Cake Took Me from the Courtroom to Le Cordon Bleu
By: Olivia Potts

November date coming soon

The 13th Gift: A True Story of a Christmas Miracle
By: Joanne Huist

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.

Weekly Restorative Yoga

Join us on the mat as we take time to focus on a practice designed to help take some restorative time for ourselves. This simple, gentle yoga is designed for *every body*, as we give options to help support you in ways that will feel right for you.

**Come practice with us
Tuesday evenings @ 4:30-5:30pm.**

April 5th, 12th, 19th, 26th

May 3rd, 10th, 24th, 31st

June 7th, 14th, 21st, 28th

July 5th, 12th, 26th

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 online. 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! To learn more about this program including the schedule, please visit our virtual calendar.

Participants will need to provide their own supplies and projects. Not sure what to create? Try the QR code below to gather some ideas.

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

April 19th, May 17th, June 21st, July 19th, August 16th



Webinars

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/>

APRIL

Self-Compassion for Type A Grievors
Friday, April 1st @ 2:00-3:00pm

Tools to Survive a Bad Day
Wednesday, April 27th @ 2:30-4:00pm

MAY

Art Journaling for Grief
Tuesday, May 10th @ 4:00-5:30pm

Learning to Walk Side-by-Side with Grief
Friday, May 13th @ 3:00-4:00pm

Gratitude in Grief
Monday, May 23rd @ 2:30-4:00pm

Is this Grief or Depression? Looking Deeper into the Effects of Grief
Thursday, May 26th @ 3:00-4:00pm

JUNE

Handling Anger & Guilt
Thursday, June 9th @ 4:00-5:30pm

Journaling for Grief
Friday, June 17th @ 2:00-3:30pm

Mindfulness & Grief
Tuesday, June 21st @ 1:00-2:30pm

S.E.L.F Care
Wednesday, June 29th @ 8:30-10:00am

JULY

Allowing Myself to be a Human – in Grief
Thursday, July 14th @ 4:30-5:30pm

Forgiveness
Friday, July 15th @ 2:00-3:30pm

Befriending Grief: Using Mindfulness to Lean into Grief
Thursday, July 28th @ 4:30-5:30pm

More late summer programs coming soon!

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/2022WSGRC>

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.