

Horizon Grief Resource Center

Winter & Spring 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/>

Self-Care Journaling Virtual Support Group

Mondays, January 3rd – January 31st @ 4:00-5:00pm

Loss of a Parent Virtual Support Group

Wednesdays, January 5th – February 23rd @ 8:30 – 10:00am

Writing to Heal Virtual Support Group

Fridays, February 4th – March 11th @ 12:30-2:00pm

Connecting through Grief Virtual Support Group

Mondays, March 7th – April 25th @ 4:30-5:30pm



Horizon Grief Resource Center

Winter & Spring 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, January 11th @ 4:30-5:30pm

Life or Something Like It
Starring Angelina Jolie

Thursday, February 17th @ 4:30-5:30pm

The Secret Life of Bees
Starring Queen Latifah

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

Minimalism: A Documentary about the Important Things
By The Minimalists

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!

Tuesday, February 1st @ 4:30-5:30pm

The Gifts of Imperfection
By: Brené Brown

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

The Authenticity Project
By: Clare Pooley

August date & book coming soon!

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.**

**January 4th, 11th, 25th
February 8th, 15th, 22nd
March 1st, 8th, 22nd, 29th**

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!

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? Horizon will email a packet with ideas and suggestions.*

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

January 18th, February 15th, March 15th

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/>

JANUARY

New Year, Same You: Goal Planning for Grief Webinar
Friday, January 7th @ 3:30-4:30pm

The Art of Finding Purpose Webinar
Wednesday, January 12th @ 12:00-1:00pm

Tools to Survive a Rough Day Webinar
Tuesday, January 18th @ 4:00-5:30pm

Art Journaling For Grief Webinar
Thursday, January 27th @ 4:00-5:30pm

FEBRUARY

Gratitude in Grief Webinar
Wednesday, February 2nd @ 12:30-2:00pm

Exploring the 4 F's of Grief Webinar
Wednesday, February 9th @ 2:00-3:00pm

Ask the Expert: Intimacy through Grief Webinar
With guest speaker Dr. Rassaiga-West
Friday, February 18th @ 1:00-2:00pm

Handling Anger & Guilt Webinar
Friday, February 18th @ 2:30-4:00pm

Journaling for Grief Webinar
Tuesday, February 22nd @ 10:00-11:30am

MARCH

Collecting the Broken Pieces of Grief Webinar
Wednesday, March 2nd @ 1:00-2:00pm

Mindfulness & Grief Webinar
Wednesday, March 9th @ 8:30-10:00am

S.E.L.F Care Webinar
Tuesday, March 15th @ 4:00-5:30pm

Hike Your Own Hike: Nature's Role in Grief Webinar
Thursday, March 24th @ 3:00-4:00pm

Forgiveness Webinar
Tuesday, March 29th @ 10:00-11:30am

More spring 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>

For our Ask the Expert registration only:
<https://www.surveymonkey.com/r/2022FEB>

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.