

Horizon Grief Resource Center

Summer & Fall 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 Counselor, Kayla Waldschmidt is 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 Virtual Support Group

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

Connecting Through Grief (in person)

Tuesday, July 26th – September 13th 4:30 – 5:30 pm

Writing to Heal (in person)

Wednesdays, August 31st – October 5th 2:30 – 4:00 pm



Horizon Grief Resource Center

Summer & Fall 2022 Program Schedule

Gatherings

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

In-person Quarterly Book Club

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

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 8th 4:30-5:30pm

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

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, streaming services, or on-demand. Books can also be found on the following apps: Libby, Audible, and Kindle.

Relaxation & Reflection in the Garden

The powerful combination of relaxation and reflection can increase calm, reduce anxiety, provide greater personal insight, and give you tools to cope more effectively with stress and grief. Spend an hour each week in the Serenity Garden as we explore guided meditation, breathing exercises, stress reduction techniques, and reflect through journaling and contemplation. This four week workshop will meet in the Serenity Garden outside the Grief Resource Center, weather permitting.

Wednesdays, August 3rd – August 24th 9:30-10:30am
Mondays, September 12th – October 3rd 4:30-5:30pm

Stitching Hearts to Hold

Sometimes we need a little comfort and encouragement. Come stitch a small felt heart for yourself or as a gift for someone else. These hearts fit in the palm of your hand. You can write an inspirational message to yourself to put inside your heart or stamp an inspirational word on the front of your heart to remind you what you need to know to get through a tough time. No creative talent or previous stitching experience required. Anyone can learn this simple project.

Friday, August 19th 12:30 – 3:30pm
Friday, November 11th 12:20 – 3:30pm



Horizon Grief Resource Center

Summer & Fall 2022 Program Schedule

Holidays & Grief

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 “most wonderful time of the year”, no matter what holiday you celebrate from October—January.

Tuesday, October 4th 4:00 – 5:30 pm
 Thursday, November 3rd 4:00 – 5:30 pm (virtual)
 Wednesday, November 30th 12:30 – 2:00 pm

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

Webinars

All webinars 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/>

Forgiveness

Friday, July 15th 2:00-3:30pm
 Wednesday, September 14th 12:30 – 2:00 pm

Anger & Guilt

Wednesday, August 31st 12:30 – 2:00 pm

Ask the Expert: Intimacy & Grief with guest Dr. Cynthia Rassiga-West

Friday, September 23rd 1:00 – 2:00 pm

Gratitude & Grief

Monday, November 14th 1:00-2:30pm

In-Person 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/>

Art Journaling for Grief

Friday, July 22nd 12:30-3:30 pm

Journaling for Grief

Friday, August 12th 2:00 - 4:00 pm

S.E.L.F. Care

Friday, August, 26th 12:30 – 3:30 pm

Mindfulness & Grief

Wednesday, September 21st 12:30-2:00 pm

Tool to Survive a Bad Day

Friday, September 30th 1:00-3:00 pm



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/2022S>