



Horizon Grief Resource Center

Fall 2024 Schedule

ARE YOU NEW TO GRIEF?

Grief 101: An introductory Class on Grief and Healing

EVERY THURSDAY FROM 4:00- 5:00 PM EXCEPT NOVEMBER 28th

- This series of four classes will help new and seasoned grievers understand the grief process and how to navigate through. The four classes will run continuously, each of the four weeks covering unique topics. Participants may join at any point in the cycle and participate in the classes as many times as you like. **NO REGISTRATION REQUIRED**
 - Class 1: Getting the Lay of the Land
 - Class 2: Navigating the Ups & Downs
 - Class 3: Exploring New Territory
 - Class 4: Honoring the Journey

Free Short-Term Grief Counseling:

Grief counseling is an opportunity to share about your loved one, talk about your loss, learn about the grief process, find ways to cope effectively, and help you navigate life without your loved one. Talking about our loss and sharing our feelings is one way to reduce the intensity of grief. Our Licensed Professional Counselors, Kayla Waldschmidt & Hillary Grgich are available Monday through Friday for individual, couples, or family short-term counseling. Services are available to anyone experiencing grief—each person has five free sessions available to them and there is no time limit on these services.

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 - 2:00 pm
All new members start in this group.

Second Phase Death of a Spouse/Partner Support Group

Thursdays @ 10:00 - 11:30 am
Permission from facilitator required to attend this group.



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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 unless otherwise indicated. **Register:** <https://www.horizonhomecareandhospice.org/about-horizon/calendar/>

Meditations for Grief

Learn a different meditation technique each week in this 6-part meditations for grief series. Participants are required to attend the first meeting and asked to be present for all 6 sessions. No prior experience with meditation is needed. Minimum 3 registrants required to run this group. Participants must register by Thursday October 10th.

**Tuesdays, October 15th-November 19th
10:00 -11:15 am**

Loss of a Parent Support Group

This eight-week support group is for any adult (18+ years old) who has lost a parent. Each week will focus on a different aspect of grieving a parent. Participants are required to attend the first meeting and asked to be present for all 8 sessions. Participants may attend this support group no more than two times. Minimum 5 registrants required to run this free group.

**Mondays, October 21st – December 9th 4:00 – 5:30
pm**

Expressing Grief Through Poetry

This short term support group will provide participants with the opportunity to explore different styles of poetry writing as a creative outlet to express grief. Each week of this 6-part series will focus on a different form of poetry writing. Participants will be supported to practice expressing their own thoughts and feelings about grief by writing their own poems during group. All supplies will be provided. No prior experience with creative writing or poetry is needed. Participants must register by Thursday January 2nd.

**Tuesdays, January 7th-February 11th 12:30 -2:00
pm**

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Gatherings & Workshops

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

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

Handling the Holidays Workshop:

This one-time workshop is offered 3 times in person at Horizon Grief Resource Center:

Thursday, October 10th 4:00-5:30 pm
Wednesday, November 6th 12:30-2:00 pm
Tuesday, December 3rd 4:00-5:30 pm
Virtual Webinar:
Wednesday, October 30th 8:30-10 am
Tuesday, November 12th 4:00-5:30 pm

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. We'll discuss how to develop a plan for yourself and your family.

Self Love Workshop

Grief can change how we feel about ourselves and make it challenging to show ourselves love. This workshop will identify why self love is so difficult while grieving and offer suggestions of ways to build up your worth during a time of transition. Participants will practice a few self love techniques during the workshop.

Wednesday October 16th 1:00 -3:00 pm

A Lump in my Throat & a Pit in my Stomach: Physical Responses to Grief

Did you know it is common for our bodies to respond to our feelings of grief? This workshop will review the physical sensations associated with grief, along with techniques to help increase body awareness and skills for self-soothing. Please be advised that this workshop is not a substitute for medical advice.

Friday October 25th 12:00-1:00 pm

Honoring our Loved Ones & our Grief through Gratitude

We gather to share gratitude practices and rituals which honor our loved ones and our grief. Although gratitude is an overused word in our culture, especially in November each year, it is an important skill which helps us develop resiliency.

Friday November 1st 2:30-4:00 pm

Grounding Yourself with S.E.L.F Care

Feeling frazzled or disconnected from yourself? Taking care of everyone else except for you? Don't know what taking care of yourself means? Come learn and practice a simple self care model to help you through the winter months and grief. This model is easily integrated into your normal day without requiring a lot of time or money.

Friday November 8th 2:30-4:00 pm

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Coping with Anxiety After Loss

Have you found yourself worrying more in the aftermath of a loss? Many people feel anxious while grieving but this feeling is not commonly associated with grief. Learn how to identify and cope with anxiety in this workshop.

Wednesday November 13th 1:00 -2:00 pm

Truth Card Workshop

Need some inspiration or a pep-talk to help you get out of bed, tackle the next project on your list, handle a family gathering or your neighbors “well meaning advice” on how to cope with your grief? Use cut & paste journaling to create little Truth Cards with the words you need to hear. Tuck them in your purse, wallet, or hang them on your mirror to soothe your heart and soul, and provide inspiration and motivation.

Friday November 15th 1:00-3:00 pm

Memorial Ornaments Workshop

Join us for this holiday themed crafting workshop where each participant can make an ornament that encapsulates memories of a loved one. Create a loving reminder that your family member, friend, or pet is still present during the holiday season. All supplies provided and no previous crafting experience needed. Maximum of 8 participants.

Wednesday December 4th 2:00 -4:00 pm

Building Authentic Relationships

Grieving a loss can feel lonely, but there are ways to feel less alone. Forming new relationships is not always easy and this workshop shares helpful suggestions for people interested in expanding their social network. Learn ways to uncover your authentic self and improve your relationships with others.

Monday December 9th 11:00am-12:00 pm

Grief or Depression?

Grief and Major Depressive Disorder share some characteristics that can make us wonder; is this how grieving feels or is this something else? Join us for an informational presentation about similarities and differences between grief and depression. Please be advised that this workshop is not a substitute for psychological evaluation or medical advice.

Tuesday December 17th 4:00 pm-5:00 pm

Getting a Handle on Grief: What Is and Isn't In Your Control

Do you feel like you've lost control amidst the uncertainty of grief and loss? This workshop will identify what is, and what is not within our control. Being able to know the difference and make peace with what we cannot change can be a powerful tool to help get a handle on grief.

Monday December 30th 12:30 -2:00 pm

Drum Circle

Drum circles create a fun, supportive, and safe environment to lose yourself in the rhythm and beat. Be creative as we improvise rhythms on a variety of instruments such as bongos, tubanos, shakers, and other small rhythm instruments. Drumming in community creates space to be creative and free. No music experience necessary. Minimum 3 participants required to run this free drum circle.

Thursday, November 7th 4:00-5:15 pm

Thursday, December 5th 4:00 – 5:15 pm



GRC Book Club:

The Phone Booth at the Edge of the World by Laura Imai Messina

Join us for a 4-part guided discussion about the international bestselling fiction novel, *The Phone Booth at the Edge of the World* by Laura Imai Messina. Each week we will discuss a section of the book and themes related to grieving, family, hope and rebuilding a life after loss. Books not provided but participants can find this title at any local library. Please plan to attend all sessions. Participants must register by Monday October 28th.

Fridays, November 1st-November 22nd 8:30 -10:00 am

The Way Through the Woods: of Mushrooms and Mourning by Long Litt Woon

Join us for a 4-part guided discussion about Long Litt Woon's memoir, *The Way Through the Woods: of Mushrooms and Mourning*. This book tells the story of Long Litt Woon's experience as she grieved the death of her husband and found purpose in a most unexpected way. Each week we will discuss a section of the book and focus on themes of healing, purpose, nature and community. Books not provided but participants can find this title at any local library. Please plan to attend all sessions. Participants must register by Monday December 2nd.

Fridays, December 6th-December 27th 10:30 -12:00 pm

It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand by Megan Devine

Join us for a 4-part guided discussion about Megan Devine's guide about a new way to approach grief. Each week we will discuss a section of *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand*. A wonderful learning opportunity for anyone grieving a loss or supporting someone else through grief. Books not provided but participants can find this title at any local library. Please plan to attend all sessions. Participants must register by Monday December 30th.

Fridays, January 3rd- January 24th 2:30 -4:00 pm

GRC Podcast Club:

Tips for Surviving the Last Two Months of the Year

Join us for a 2-part guided discussion about getting through the holidays while grieving. Participants will be asked to listen to the designated podcast episode prior to each meeting (60 minutes for the first week and 30 minutes for the second week). This group is inclusive of all holidays & celebrations which occur in the last two months of the year.

Tuesdays, November 5th & 19th 4:30-5:30 pm



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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/springGRC2024>