



Horizon Grief Resource Center

Program Schedule November 2025-February 2026

11002 W Park Place Milwaukee, WI 53224

www.horizonhch.org/grc

(414)586-8383



November:

4th: What do I do with this? Handling Belongings: 2pm-3:30pm

5th: GRC Book Club: *The Phone Booth at the Edge of the World* by Laura Imai Messina: 12:30pm-2pm

5th: Handling the Holidays: 2:30pm-4pm

6th: Drum Circle: 4pm-5:15pm

7th: Who am I Now? Rebuilding Identity and Purpose After a Loss: 10:30am-12pm

7th: Soul Book Experience: 1pm-3pm

11th: Truth Cards: 1pm-3pm

12th: Shattering Grief: 8:30am-10:30am

18th: Coping with Loneliness after Loss: 3pm-4pm

18th: Handling the Holidays: 4pm-5:30pm

19th: Honoring our Loved Ones and our Grief through Gratitude: 2:30pm-4pm

December:

2nd: Shattering Grief: 3:30pm-5:30pm

4th: Drum Circle: 4pm-5:15pm

5th: GRC Book Club: *Always a Sibling* by Annie Sklaver Orenstein: 2pm-3:30pm

8th: Handling the Holidays: 4pm-5:30pm

10th: Truth Cards: 2pm-4pm

15th: Memorial Ornaments: 3pm-5pm

16th: What Do I Tell Them? Tips for Talking with Children about Death and Grieving: 10am-11am

22nd: Memorial Ornaments: 10am-12pm

29th: Who Am I Now? Rebuilding Identity and Purpose After a Loss: 3pm-4:30pm

30th: S.E.L.F. Care: A Model for Wellness Throughout 2026: 2:30pm-4:30pm

31st: Rebuilding Relationships: 1pm-2pm

January:

2nd: Expressing Grief through Poetry: 9am-10:30am

5th: What Do I Do with This? Handling Belongings: 4pm-5:30pm

6th: Cultivating Joy: 11am-12:30pm

7th: Soul Book Experience: 1pm-4pm

9th: Creative Soul Searching: 1:30pm-3:30pm

12th: Shattering Grief: 3:30pm-5:30pm

13th: Writing to Heal: 12:30pm-2pm

13th: Loss of a Sibling: 4pm-5:30pm

15th: GRC Book Club: *The Hot Young Widows Club* by Nora McInerny: 2:30pm-3:30pm

19th: Sleep and Grief: 2pm-3pm

26th: Truth Cards: 3:30pm-5:30pm

28th: Shades of Grief: 2pm-4pm

February:

2nd: Journaling for Grief: 1pm-2:30pm

2nd: Loss of a Parent: 4pm-5:30pm

4th: Increase Happiness and Wellbeing: 2:30pm-4pm

11th: Writing to Heal: 9am-10:30am

11th: Coping with Loneliness After a Loss: 12pm-1pm

12th: Drum Circle: 4pm-5:15pm

13th: Shattering Grief: 9am-11am

16th: Truth Cards: 12:30pm-2:30pm

17th: Coping with Anxiety after Loss: 10am-11am

Our Services

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 adjust to life after a death. Talking about loss and sharing feelings is one way to reduce the intensity of grief. Our Licensed Professional Counselors, Kayla Waldschmidt & Hillary Pioletti are available Monday through Friday for individual, couples, or family short-term counseling. All services are free of charge and available to anyone experiencing grief. Each person has five sessions available to them and there is no time limit in which sessions need to be used.
 - **To Schedule an Appointment, Please Call (414)586-8383**

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 at (414) 586-8383 to speak with a bereavement counselor and fill out opening paperwork.
 - **Death of a Spouse/Partner Support Group: Every Thursday 12:30pm-2pm**
 - All new members start in this group
 - **Second Phase Death of a Spouse/Partner Support Group: Every Thursday 10am-11:30am**
 - Permission from the facilitator is required to attend this group
 - **These groups will be running on Tuesday 12/23/25 and 12/30/25 due to the holidays.**

Short Term Support Groups

- To participate in these support groups, participants will be required to fill out paperwork provided by the Grief Resource Center before the group begins. Please note, all support groups need a minimum of 5 registrants to run unless otherwise listed. You can register by calling us at (414) 586-8383 or by using this link <https://www.surveymonkey.com/r/horizonGRC>

Workshops

- Please note, all workshops need a minimum of 5 registrants to run unless otherwise listed. You can register for workshops by calling us at (414) 586-8383 or by using this link <https://www.surveymonkey.com/r/horizonGRC>

Grief 101: An Introductory Class on Grief and Healing

- Are you new to grief? This series of four classes will help new and seasoned griever 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.
 - **Every Thursday 4pm-5pm, No Registration Required!**
 - **Class 1: Getting the Lay of the Land**
 - **Class 2: Navigating the Ups and Downs**
 - **Class 3: Exploring New Territory**
 - **Class 4: Honoring the Journey**

No classes 11/27, 12/24, 12/25 1/1!

Descriptions in Alphabetical Order

Coping with Anxiety After Loss

Have you found yourself worrying more in the aftermath of a loss? Many people do not consider anxiety to be associated with grief, but it is common to feel anxious after the death of a loved one. Learn how to identify and cope with anxiety in this workshop.

Tuesday, February 17th 10am-11am

Coping with Loneliness After a Loss

Many people identify feeling lonely after the death of a loved one. Even when people have support from family and friends, loneliness can persist during grief. This workshop will explore reasons why loneliness is so common following a loss and offer suggestions for coping.

Tuesday, November 18th 3pm-4pm

Wednesday, February 11th 12pm-1pm

Creative Soul Searching

Who am I now? How do I navigate life going forward? Life transitions, change, grief and loss impact on our sense of identity as well as our dreams and future plans. This eight-week group will use Melody Ross's Creative Soul-Searching curriculum to help you discover who you are now and connect to yourself. We'll create an art journal using cut & paste curriculum. All supplies provided. No creative skills or art journaling experience necessary.

Fridays, January 9th-February 27th 1:30pm-3:30pm

Cultivating Joy

Grief can feel like having bad days and worse days. It can be valuable to take breaks from grieving to connect with things that bring you joy. This workshop will investigate the science of happiness to help people learn ways to be intentional about increasing the enjoyment of the everyday.

Tuesday, January 6th 11am-12:30pm

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. This workshop is offered each month and can be attended multiple times.

Thursday, November 6th 4pm-5:15pm

Thursday, December 4th 4pm-5:15pm

Thursday, February 12th 4pm-5:15pm

Expressing Grief Through Poetry Support Group

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 practice expressing their thoughts and feelings about grief by writing their own poems during group. No prior experience with creative writing or poetry is needed. Participants are not required to share their poetry with the group.

Minimum of 3 registrants required.

Fridays, January 2nd-February 6th

9am-10:30am

GRC Book Club: *Always a Sibling* by Annie Sklaver Orenstein

Join us for a 4-part guided discussion about Annie Sklaver Orenstein's book, *Always A Sibling*. This book is about the author's experience grieving the death of her brother and feeling like a "forgotten mourner". Each week we will discuss a section of the book and themes related to sibling loss. Books are not provided but participants can find this title at any local library. Please plan to attend all meetings of this multi session workshop.

Fridays, December 5th-26th 2pm-3:30pm

GRC Book Club: *The Hot Young Widows Club* by Nora McInerny

Join us for a 4-part guided discussion about grief, not just for those who have survived the death of a spouse, but for anyone who has loved someone who died, or who has loved someone who loved someone who died. In the span of a few weeks, Nora McInerny had a miscarriage, lost her father to cancer, and lost her husband due to a brain tumor. In the author's own words, "You don't have to be married, you don't have to be young, and your hotness is innate and inarguable to me. If the person you were spending your life with dies? You're in the club." Books are not provided but participants can find this title at any local library. Please plan to attend all sessions. Minimum of 3 registrants required.

Thursdays, January 15th-February 5th 2:30pm-3:30pm

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 are not provided but participants can find this title at any local library. Please plan to attend all meetings of this multi session workshop.

Wednesdays, November 5th-November 26th 12:30pm-2pm

Handling the Holidays Workshop

It is normal for grief to intensify during the holiday 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. This workshop is offered multiple times but has the same content each time.

Wednesday, November 5th 2:30pm-4pm

Tuesday, November 18th 4pm-5:30pm

Monday, December 8th 4pm-5:30pm

Honoring our Loved Ones and 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.

Wednesday, November 19th 2:30pm-4pm

Increase Happiness and Wellbeing

Participants will experiment with four models for increasing happiness and wellbeing throughout this six-week group, including the Miracle Morning and Creativity Cure.

Participants will then build their own personal model of happiness and wellbeing.

Wednesdays, February 4th-March 11th 2:30pm-4pm

Journaling for Grief

Journaling is a great way to get in tune with how you are feeling, gain insight into yourself, as well as see the changes in your grief journey.

Learn and experiment with basic written journaling techniques and learn about art journaling.

Monday, February 2nd 1pm-2:30pm

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 are required to run this group.

Mondays, February 2nd-March 30th 4pm-5:30pm

No group on 2/23/25

Loss of a Sibling Support Group

This eight-week support group is for any adult (18+ years old) who has lost a sibling. Each week will focus on a different aspect of grieving a sibling. 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 are required to run this group.

Tuesdays, January 13th-March 10th 4pm-5:30pm

No group on 2/24/25

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. This workshop is offered twice in December and can be attended once. Maximum of 8 participants per workshop.

Monday, December 15th 3pm-5pm

Monday, December 22nd 10am-12pm

Rebuilding Relationships

The loss of a loved one changes our relationships. Rebuilding social support is not always easy and this workshop shares helpful suggestions for people interested in improving their social network. Learn ways to set healthy boundaries and strengthen your relationships with others.

Wednesday, December 31st 1pm-2pm

S.E.L.F. Care: A Model for Wellness Throughout 2026

Did you know that you can practice self-care in 15 minutes a day? Come learn the powerful tools of S.E.L.F. care and how you can integrate it into the fabric of your day—no money or extravagant tools necessary. Practice tools that will give you peace and calm amidst the storm of grief and for life in general.

Tuesday, December 30th 2:30pm-4:30pm

Shades of Grief

You may have heard the phrase “Each person’s grief is unique” and found you had more questions than answers. How can we appreciate our differences while grieving without comparison? We wouldn’t compare the beauty of a rainbow with the sparkle of a shooting star; both are extraordinary in their own way. Join us for this creative workshop where participants will use watercolors to express themselves through an intuitive art project. All supplies provided. No prior experience with watercolors or any artistic background needed. Maximum of 8 participants.

Wednesday, January 28th 2pm-4pm

Shattering Grief

This workshop will provide a unique approach to naming the emotions surrounding loss of a loved one, letting go of regrets, and reconnecting with life without them through an interactive project. This workshop is offered each month and can be attended once.

Tuesday, November 12th 8:30am-10:30am

Tuesday, December 2nd 3:30pm-5:30pm

Monday, January 12th 3:30pm-5:30pm

Friday, February 13th 9am-11am

Sleep and Grief

This educational presentation will identify reasons why people have trouble sleeping after the death of a loved one. Sleep disruption is a problem people often report during grief, and this workshop will provide some practical suggestions to get better sleep. Please be advised that this workshop is not a substitute for medical advice.

Monday, January 19th 2pm-3pm

Soul Book Experience

Soul Book is a soulful artsy project that is fun to make and deeply meaningful and personal at the same time. You'll create a beautiful chunky Soul Book full of all the things your beautiful heart knows but sometimes forgets. You'll fill it with reminders of important things you may have forgotten about yourself...things we don't ever want to forget. Everyone can make a Soul Book. You don't have to be an experienced artist to enjoy this fun project. I'll take you step by step through the process of making your own special Soul Book. You'll enjoy working with a variety of art supplies and tools. A beautiful kit is provided for you to make it easy to create your very own Soul Book. You can make your Soul Book as beautifully simple or as artsy and Creative as you like!

Fridays, November 7th-21st 1pm-3pm

Wednesdays, January 7th-21st 1pm-4pm

Truth Cards

Need some inspiration or a pep-talk to help you cope with your loss or life stressors? 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 in your mirror to soothe your heart and soul and provide inspiration and motivation. This workshop is offered each month and can be attended multiple times.

Tuesday, November 11th 1pm-3pm

Wednesday, December 10th 2pm-4pm

Monday, January 26th 3:30pm-5:30pm

Monday, February 16th 12:30pm-2:30pm

What Do I Do with This? Handling Belongings

Going through our loved ones' belongings can be overwhelming and heartbreaking. Come learn strategies to help you decide what to keep and what to let go of. We'll talk about ways to honor your loved one and their legacy through the belongings you chose to keep or give to family & friends. And we'll give you suggestions for where to donate the items you chose to let go.

Tuesday, November 4th 2pm-3:30pm

Monday, January 5th 4pm-5:30pm

What Do I Tell Them? Tips for Talking with Children about Death and Grieving

This educational presentation is for adults seeking information about how to support a child who is grieving the death of a loved one or pet. This workshop will also identify additional resources available such as books, online resources, grief camps and more tailored for grieving children and their families.

Tuesday, December 16th 10am-11am

Who Am I Now? Rebuilding Identity and Purpose After a Loss

The loss of a loved can cause a shockwave of changes across all areas of a person's life. Many different aspects of our identity shift during grief causing us to feel confused about our place in the world. This workshop will present ways to reconnect with what's important as people rebuild life after loss.

Friday, November 7th 10:30am-12pm

Monday, December 29th 3pm-4:30pm

Writing to Heal Support Group

This six-week group helps you process and heal from your grief through a variety of writing exercises and activities. All supplies will be provided. Minimum three and a maximum of five registrants are required to run this free group. Registrants are required to attend all six sessions.

Tuesdays, January 13th-February 17th 12:30pm-2pm

Wednesdays, February 11th-March 18th 9am-10:30am