Horizon Grief Resource Center

Program Schedule October 2026- January 2027

11002 W Park Place Milwaukee, WI 53224

www.horizonhch.org/grc (414)586-8383

October:

8th: A Lump in my Throat & a Pit in my Stomach: Physical Responses to Grief: 2:30pm-3:30pm

8th: Rhythms of Remembrance: 4pm-5:15pm

12th: Who am I Now? Rebuilding Identity & Purpose After a Loss: 12:30pm-2pm

16th: Getting a Handle on Grief: What Is and Isn't in Your Control: 9am-10:30am

16th: Truth Cards: 1pm-4pm

20th: Show & Share: 4pm-5:30pm

23rd: GRC Book Club: *The Hot Young Widows Club* by Nora McInerny: 1pm-2:30pm

26th: Mental Health in Older Adults: 1:30pm-2:30pm

28th: Grief or Depression: 1pm-2pm

28th: Handling the Holidays: 2:30pm-4pm

30th: Soul Book Experience: 12:30pm-3:30pm

November:

5th: Handling the Holidays: 2:15pm-3:45pm

9th: GRC Book Club: *Normal Broken* by Kelly Cervantes: 4pm-5:30pm

10th: Writing to Heal Support Group: 4pm-5:30pm

11th: Honoring our Loved Ones & our Grief through Gratitude: 2:30pm-4pm

12th: Rhythms of Remembrance: 4pm-5:15pm

16th: Handling the Holidays: 4pm-5:30pm

18th: Shattering Grief: 2pm-4pm

20th: Cultivating Joy: 10am-11:30am

20th: Truth Cards: 1pm-4pm

December:

1st: Living Through Loss: Grief of Dementia Patients and Their Caregivers: 2pm-4pm

2nd: Handling the Holidays: 9am-10:30am

4th: Handling the Holidays: 12:30pm-2pm

9th: GRC Book Club: *The Grieving Body* by Mary-Frances O'Conner, PhD: 12pm-1:30pm

10th: Rhythms of Remembrance: 4pm-5:15pm

18th: Memorial Ornaments: 11am-1pm

22nd: Memorial Ornaments: 3pm-5pm

28th: Truth Cards: 1pm-4pm

30th: Shattering Grief: 1pm-3pm

January:

4th: Rebuilding Relationships: 11am-12pm

4th: Writing to Heal Support Group: 4pm-5:30pm

5th: Expressing Grief Through Poetry: 12:30pm-2pm

6th: Loss of a Sibling: 2:30pm-4pm

7th: Sleep & Grief: 2:30pm-3:30pm

11th: Shades of Grief: 1pm-3pm

13th: What do I do with this? Handling Belongings: 12:30pm-2pm

14th: Rhythms of Remembrance: 4pm-5:15pm

15th: Creative Soul Searching: 1pm-4pm

18th: Truth Cards: 12:30pm-3:30pm

19th: Shattering Grief: 3pm-5pm

22nd: GRC Book Club: *Finding Meaning: The Sixth Stage of Grief* by David Kessler: 10am-11:30am

25th: S.E.L.F. Care: A Model for Wellness throughout 2027: 1pm-3pm

26th: Who Am I Now? Rebuilding Identity & Purpose After a Loss: 4pm-5:30pm

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

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 3 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 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.
    - **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**

Mental Health in Older Adults

- Join us for an educational presentation about how mental health and grief impact older adults. Our knowledgeable presenter for this event is Doctor Elizabeth Bukowy, who specializes in geriatric and palliative medicine. Doctor Bukowy's expertise on this topic also comes from her roles as an associate professor at the Medical College of Wisconsin & Froedtert Hospital and as a certified nursing home medical director. This presentation could benefit seniors who are curious about the intersection of depression and grief, or those who would like to learn more to support an older adult in their lives. Please be advised that this workshop is not a substitute for medical advice.
    - **Monday, October 26th 1:30PM-2:30PM**

The Grief Resource Center will be closed: 11/26/26, 12/24/26. 12/25/26 and 1/1/27

Descriptions in Alphabetical Order

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.

Thursday, October 8th 2:30pm-3:30pm

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. Minimum 3 registrants are required to run this free group.

Fridays, January 15th-March 5th 1pm-4pm

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.

Friday, November 20th 10am-11:30am

Develop a Journaling Practice

Journaling provides emotional, physical and mental health benefits. Come explore a multitude of journaling exercises throughout this six week group. By the end, you'll have established a journaling habit and developed your own personal journaling practice that works for you. Minimum 3 registrants are required to run this free group.

Mondays, October 5th-November 9th 4pm-5:30pm

Rhythms of Remembrance

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, October 8th 4pm-5:15pm

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

Thursday, December 10th 4pm-5:15pm

Thursday, January 14th 4pm-5:15pm

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.

Tuesdays, January 5th-February 9th 12:30pm-2pm

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.

Friday, October 16th 9am-10:30am

GRC Book Club: *Finding Meaning: The Sixth Stage of Grief* by David Kessler

Join us for a one-time guided discussion about David Kessler's book, *Finding Meaning: The Sixth Stage of Grief*. Kessler writes about grief based on his own personal losses, as well as knowledge and wisdom gained from decades of professional work with people experiencing grief. Books are not provided but participants can find this title at any local library.

Friday. January 22nd 10am-11:30am

GRC Book Club: *Normal Broken* by Kelly Cervantes

Join us for a one-time discussion about the book *Normal Broken*, described as "the grief companion for when it's time to heal but you're not sure you want to". Author Kelly Cervantes writes about the loss of her daughter and normalizes the grief experience to meet people where they are on their grief journey. Books are not provided but participants can find this title at any local library.

Monday, November 9th 4pm-5:30pm

GRC Book Club: *The Grieving Body* by Mary-Frances O'Connor, PhD

Join us for a one-time discussion about the book *The Grieving Body* written by grief expert, neuroscientist and psychologist, Dr. Mary-Frances O'Connor. This book focuses on the impact of grief and life's other major stressors on the body. Books are not provided but participants can find this title at any local library.

Wednesday, December 9th 12pm-1:30pm

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

Join us for a one-time 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.

Friday, October 23rd 1pm-2:30pm

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.

Wednesday, October 28th 1pm-2pm

Handling the Holidays

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, October 28th 2:30pm-4pm

Thursday, November 5th 2:15pm-3:45pm

Monday, November 16th 4pm-5:30pm

Wednesday, December 2nd 9am-10:30am

Friday, December 4th 12:30pm-2pm

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.

Wednesday, November 11th 2:30pm-4pm

Living Through Loss: Grief of Dementia Patients and Their Caregivers

Living with a dementia diagnosis brings a specific type of grief for those with the illness as well as their caregivers and loved ones. This workshop will provide information about the unique experience of grieving through dementia. Participants will also learn skills to cope with difficult emotions and ways to strengthen support networks.

Tuesday, December 1st 2pm-4pm

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.

Tuesdays, October 6th-November 24th 10am-11:30am

Loss of a Sibling

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 of 5 registrants required.

Wednesdays, January 6th-February 24th 2:30pm-4pm

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.

Friday, December 18th 11am-1pm

Tuesday, December 22nd 3pm-5pm

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.

Monday, January 4th 11am-12pm

S.E.L.F. Care: A Model for Wellness throughout 2027

Set yourself up for wellness in 2027 with a simple self care practice. You deserve to be well and feel your best physically, mentally, socially, and environmentally. 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.

Monday, January 25th 1pm-3pm

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.

Monday, January 11th 1pm-3pm

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.

Friday, October 2nd 10am-12pm

Wednesday, November 18th 2pm-4pm

Wednesday, December 30th 1pm-3pm

Tuesday, January 19th 3pm-5pm

Show & Share

This workshop is like show and tell for the grieving community. Bring an object that belonged to your loved one to share with the group. Participants can tell a story about what they brought to honor the memory of their loved one. No digital content please, tangible items only!

Tuesday, October 20th 4pm-5:30pm

Sleep & 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.

Thursday, January 7th 2:30pm-3:30pm

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, October 30th-November 13th 12:30pm-3:30pm

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.

Friday, October 16th 1pm-4pm

Friday, November 20th 1pm-4pm

Monday, December 28th 1pm-4pm

Monday, January 18th 12:30pm-3:30pm

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.

Wednesday, January 13th 12:30pm-2pm

Who Am I Now? Rebuilding Identity & 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.

Monday, October 12th 12:30pm-2pm

Tuesday, January 26th 4pm-5:30pm

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, November 10th-December 15th 4pm-5:30pm

Mondays, January 4th-February 8th 4pm-5:30pm