**Winter 2025 GRC Schedule of Programming by Date**

1. Shades of Grief Workshop, Monday January 20th 10:30-12:30 pm
   1. 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 comparing each other? 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. Register by Monday January 13th: <https://www.surveymonkey.com/r/springGRC2024>
2. Writing to Heal Support Group, Tuesdays January 21st-February 25th 10:00-11:30 am  
   1. 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. Registrants are required to attend all six sessions. Minimum 3 & Maximum 5 registrants required to run this free group. Register by January 16th: <https://www.surveymonkey.com/r/springGRC2024>
3. Shattering Grief Workshop, Wednesday January 29th 9:00-11:00 am
   1. 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. Registrants are asked to bring a photo of your loved one. Minimum of 3 registrants required. Register by January 22nd: <https://www.surveymonkey.com/r/springGRC2024>
4. Journaling for Grief Workshop, Friday January 31st 1:00-3:00 pm
   1. 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. Register by Wednesday, January 22nd: <https://www.surveymonkey.com/r/springGRC2024>
5. GRC Book Club: Grief is the Thing with Feathers, Mondays February 3rd & 10th, 11:00-12:30 pm
   1. Join us for a 2-part guided discussion about the novel Grief is the Thing with Feathers by Max Porter. This story follows a father and two sons as they grieve the unexpected death of their mother. Poetry enthusiasts will appreciate the inspiration from Ted Hughes’ Crow and all readers will appreciate this family’s unique journey to heal from loss. Books not provided but participants can find this title at any local library. Please plan to attend both sessions. Register by January 27th: <https://www.surveymonkey.com/r/springGRC2024>
6. A Lump in my Throat & a Pit in my Stomach: Physical Responses to Grief, Monday February 3rd 4:00-5:00 pm
   1. 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. Register by Monday, January 27th: <https://www.surveymonkey.com/r/springGRC2024>
7. Increase Your Happiness & Wellbeing Multi-Session Workshop, Tuesdays February 4th-March 11th 4:00-5:30 pm
   1. 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. Register by Monday January 27th: <https://www.surveymonkey.com/r/springGRC2024>
8. Creative Soul Searching Multi-Session Workshop, Wednesdays, February 5th-March 26th
   1. Who am I now? How do I navigate life going forward? Life transitions, change, grief and loss impact 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 & Maximum 12 required to run this free group. Register by Friday, January 24th: <https://www.surveymonkey.com/r/springGRC2024>
9. February Drum Circle, Thursday February 6th 4:00-5:15 pm
   1. 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. Register by Thursday, January 30th: <https://www.surveymonkey.com/r/springGRC2024>
10. Coping with Anxiety after Loss Workshop, Friday, February 7th 9:00-10:00 am
    1. 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. Register by Friday, January 31st: <https://www.surveymonkey.com/r/springGRC2024>
11. Stitching Hearts to Hold (craft project), Friday February 7th 1:30-3:30 pm
    1. 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 our hands. 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. All supplies will be provided. Register by Friday, January 31st: <https://www.surveymonkey.com/r/springGRC2024>
12. Writing to Heal Support Group, Wednesdays February 12th-March 19th 2:30-4:00 pm
    1. 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. Registrants are required to attend all six sessions. Minimum 3 & Maximum 5 registrants required to run this free group. Register by Tuesday February 4th: <https://www.surveymonkey.com/r/springGRC2024>
13. Building Authentic Relationships Workshop, Wednesday February 12th Noon-1:00 pm
    1. 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. Register by Wednesday, February 5th: <https://www.surveymonkey.com/r/springGRC2024>
14. Shattering Grief Workshop, Friday February 14th 1:30-3:30 pm
    1. 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. Registrants are asked to bring a photo of your loved one. Minimum of 3 registrants required. Register by February 6th: <https://www.surveymonkey.com/r/springGRC2024>
15. Mindfulness & Grief Workshop, Friday February 21st 12:30-2:00 pm
    1. Mindfulness is a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations. Come learn and practice mindfulness skills to help you navigate your grief. Register by Friday February 14th: <https://www.surveymonkey.com/r/springGRC2024>
16. The Art of Finding Purpose Workshop, Monday February 24th 4:00-5:30 pm
    1. Our purpose throughout life shifts, but when we are in times of grief, it can be hard to spot what our purpose is in this piece of our journey. Without purpose, we may feel lost and isolated. Join us as we look through aspects of our lives that may help us uncover hidden purpose and how we can use it to find connection, belonging, and fulfillment. Register by Monday, February 17th: <https://www.surveymonkey.com/r/springGRC2024>
17. What do I Tell Them? Tips for Talking with Children about Death & Grieving Workshop, Friday February 28th 3:00-4:00 pm
    1. This educational presentation is for adults seeking information about how to support a child who is grieving the loss 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. Register by Thursday, February 20th: <https://www.surveymonkey.com/r/springGRC2024>
18. Loss of a Parent Support Group, Mondays March 3rd-April 21st, 4:00-5:30 pm
    1. 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 group. Participants must register by Friday, February 21st: <https://www.surveymonkey.com/r/springGRC2024>
19. Meditations for Grief Group, Tuesdays March 4th-April 8th 10:00-11:15 am
    1. Learn a different meditation technique each week in this 6-part series. In each session participants will be guided through a meditation created specifically to promote healing from grief. 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. Register by Monday February 24th: <https://www.surveymonkey.com/r/springGRC2024>
20. Drum Circle, Thursday March 6th 4:00-5:15 pm
    1. 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. Register by Thursday, February 27th: <https://www.surveymonkey.com/r/springGRC2024>
21. Truth Cards for Grief Workshop, Friday March 7th 1:30-3:30 pm
    1. 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 on your mirror to soothe your heart and soul, and provide inspiration and motivation. Register by Thursday, February 27th: <https://www.surveymonkey.com/r/springGRC2024>
22. GRC Book Club: Anxiety-The Missing Stage of Grief, Fridays March 7th-28th 10:00-11:30 am
    1. Join us for a 4-part guided discussion about the connections between anxiety and grief. Drawing on her personal experiences with loss as well as years working as a grief counselor, author Claire Bidwell Smith shares helpful suggestions for healing in this book. Books not provided but participants can find this title at any local library. Please plan to attend all sessions. Register by February 27th: <https://www.surveymonkey.com/r/springGRC2024>
23. Honoring our Loved ones & Our Grief through Gratitude Workshop, Friday March 14th 2:30-4:00 pm
    1. 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. Register by Thursday, March 6th: <https://www.surveymonkey.com/r/springGRC2024>
24. Shattering Grief Workshop, Tuesday March 18th 3:30-5:30 pm
    1. 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. Registrants are asked to bring a photo of your loved one. Minimum of 3 registrants required. Register by March 10th: <https://www.surveymonkey.com/r/springGRC2024>
25. Handling Anger & Guilt Workshop, Friday, March 21st 2:00-4:00 pm
    1. Guilt and anger can be two of the most persistent and intense feelings during grief. This workshop will give you tools to handle both tumultuous feelings. Register by Thursday, March 13th: <https://www.surveymonkey.com/r/springGRC2024>
26. What do I do with this? Going through Belongings Workshop, Tuesday March 25th 4:00-5:30 pm
    1. 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. Register by Tuesday, March 18th: <https://www.surveymonkey.com/r/springGRC2024>
27. Who am I now? Rebuilding Identity & Purpose after a Loss, Wednesday March 26th 2:00-3:30 pm
    1. The loss of a loved can cause a shockwave of changes across all areas of a person’s life. Relationships, daily routines, activities and even our values can 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. Register by Wednesday, March 19th: <https://www.surveymonkey.com/r/springGRC2024>
28. April Drum Circle, Thursday April 3rd 4:00-5:15 pm
    1. 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. Register by Thursday, March 27th: <https://www.surveymonkey.com/r/springGRC2024>