



Horizon Grief Resource Center

Summer & Fall 2023 Schedule

ARE YOU NEW TO GRIEF?

Grief 101: An introductory Class on Grief and Healing

- Meets every Wednesday from 2:30 - 3:30 pm
- Cycle of 4 classes will run continuously, each of the 4 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

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, find ways to cope effectively, and help you navigate life without your loved one. Our Licensed Professional Counselors, Kayla Waldschmidt and Madisen Stoler, are 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 - 2:00 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.



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/>

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 SESSION AND ASKED TO BE PRESENT ALL 8 SESSIONS.

Minimum of 5 registrants.
Participants may attend this support group no more than two times.

**Tuesdays, August 22nd-October 10th
4:00 - 5:30 pm**

Writing to Heal

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.

YOU MUST ATTEND ALL SIX SESSIONS.
Minimum of 3 and maximum of 5 registrants.

**Wednesdays, September 6th – October 11th
12:30 – 2:00 pm**

Art Journaling through Grief Group

Explore your grief through color, image, and metaphor. We will complete art journaling pages during each class, which will teach you about grief as well as personalize it to your unique experience with grief & loss.

No creativity or previous art journaling experience required to join this group. All supplies will be provided. We will use primarily cut & paste journaling and collage.

Registrants are required to attend all six sessions.

Fridays, September 8th-October 13th

1:00 - 3:30 pm

Grief Choir

Are you looking for a beautiful way to move with your grief process and express yourself? No musical experience is necessary to come join our grief choir.

This 8-week supportive choir will be led by Hanna Uchytel, one of Horizon's talented Music Therapists. We welcome people with all musical abilities to find healing through singing and being in community.

We are seeking 6-8 participants to create our choir and ask that participants can commit to the 8-week group.

**Mondays, October 2nd – November 20th
4:30 pm – 5:30 pm**

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Gatherings

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

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

Shattering Grief Workshop

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.

Tuesday, August 15th 3:30 - 5:30 pm

Monday, October 9th 2:00 – 4:00 pm

Art Journaling for Grief Workshop

Learn how to create an art journal—a tool which can help you express yourself through your grief process and beyond, provide encouragement and inspiration, and be a stress relieving practice. We will practice art journaling techniques. All supplies will be provided.

No creative/artistic skills required.

Friday, August 18th 1:00 - 3:30 pm

Intro to Art Techniques: Drawing

Come join us as we explore the basics of drawing. This one-hour workshop will be taught by a trained artist who is eager to guide us through an introduction to working with charcoal pencil. We will explore texture and technique while creatively expressing ourselves. No art experience necessary! This workshop is for anyone curious about drawing and who's looking for a new stress-relieving practice to improve presence and mindfulness.

Monday, August 21st 2:00 – 3:00 pm

Journaling for Grief Workshop

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.

Friday, August 25th 1:00 - 3:00 pm

“Owning Grief” Book Club (Gael Garbarino Cullen)

In raw, compelling honesty, Gael articulates the complexities of grief and single motherhood. beautifully illustrating the power of resilience

To participate in this book club, please read the book prior to the discussion date. Minimum 4 registrants required to run this free group. (Book is \$14 on Amazon and Target).

Monday, August 28th 2:00 - 3:00 pm

Radical Acceptance Webinar (VIRTUAL)

We often can say aloud that painful losses have occurred, i.e. “They died,” or “I lost my job,” but struggle to process the complicated emotions that come with a new reality. Many of us get stuck in thoughts like “This isn’t fair...it shouldn’t have happened.” Radical Acceptance is both a concept and action that can help us heal and move forward in our hearts and bodies amidst great pain. Come learn about this beautiful practice and experiment with various exercises to help you connect with radical acceptance of challenging losses you’re facing.

Minimum 3 registrants required to hold this free webinar.

Monday, September 11th 4:00 - 5:00 pm (Virtual)

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Gratitude in Grief Workshop

You may think that during your time of grief there is very little to give thanks for. Come learn how gratitude can change your worldview without changing your circumstances. You will learn several gratitude practices to find one that works well for you.

Tuesday, September 12th 1:00 - 2:30 pm

Handling Anger & Guilt Workshop

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.

Monday, September 18th 4:00 - 5:30 pm

Intro to Art Techniques: Watercolor

Come join us as we explore the basics of watercolor. This one-hour workshop will be taught by a trained artist who is eager to guide us through an introduction to working with watercolor paint. We will explore color, texture, and technique while creatively expressing ourselves. No art experience necessary! This workshop is for anyone curious about watercolor and who's looking for a new stress-relieving practice to improve presence and mindfulness.

Tuesday, September 19th 10:00 – 11:00 am

Mindfulness & Grief Workshop

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.

Monday, September 25th 1:00 - 2:30 pm

“Welcome to the Grief Club: Because You Don’t Have to Go Through it Alone” Book Club (Janine Kwoh) (VIRTUAL)

Kwoh's book is a collection of brief writings, illustrations, and creative diagrams that explore the wide range of emotions and experiences that grief and encompass. This book is intended for anyone that has lost a loved one or is close to someone who is grieving. Join us for a book club exploring grief.

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. Books can also be found on the following apps: Libby, Audible, and Kindle.

Tuesday, September 26th 10:30 - 11:30 am (virtual)

S.E.L.F. Care Workshop

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.

Thursday, October 5th 3:30 - 5:30 pm

Handling the Holidays Workshop

This one-time workshop is offered 5 times. 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.

In person at Horizon Grief Resource Center:

Thursday, October 12th 4:00 - 5:30 pm
Wednesday, November 8th 12:30 - 2:00 pm
Tuesday, December 5th 4:00 - 5:30 pm

Virtual Webinar:

Wednesday, November 1st 8:30 - 10:00 am
Tuesday, November 14th 4:00 - 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/springGRC2023>

