

# Horizon Grief Resource Center

## Spring 2020 Schedule

The Horizon Grief Resource Center offers free counseling, workshops and support groups throughout the year. The services on this page are offered weekly.

### **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, how to cope effectively, and help you navigate life without your loved one. Our Licensed Professional Counselors, Kayla Waldschmidt and Kiri Meyer, 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.**

### **Weekly Gentle Yoga:**

**\*Yoga will resume in 2020, please call for more information\***

Come join us Monday mornings at the Grief Resource Center! This gentle yoga class is aimed at stress reduction through stretching, movement, breathing and meditation. This class is for all ages and abilities.

### **Non-Registration Support Groups:**

These groups meet weekly and do not require registration to attend. It is not mandatory to attend all sessions—come when you can. If it is your first time at the center, please arrive 20 minutes early to fill out opening paperwork. People who arrive more than 5 minutes late to group will not be allowed to enter.

#### **Death of a Spouse/Partner Support Group:**

Thursdays 12:30—2:00pm

*All new group members start in this group.*

#### **Second Phase Death of a Spouse/Partner Support Group:**

Thursdays 10:00—11:30am

*Permission from facilitator required to attend this group.*

#### **Death of a Parent Support Group:**

Tuesdays 11:00-12:30pm & 4:00-5:30pm

*These support groups will begin on April 14<sup>th</sup> and are open to all new group members.*

#### **Knitting for Good Support Group:**

Mondays 11:00-12:30pm

*This support group will begin on April 20<sup>th</sup> and is open to all new group members.*

### **Registration Support Groups:**

These groups meet weekly and require registration to attend. If it is your first time at the center, please arrive 20 minutes early to fill out opening paperwork. People who arrive more than 5 minutes late to group will not be allowed to enter.

#### **Eight Week Grief Support Group**

*Mondays, March 30<sup>th</sup>—May 18<sup>th</sup>, 4:00—5:30 pm*

This eight week grief support group is for any adult experiencing grief due to the death of a loved one, family member or friend.

*Minimum five registrants required to run this free group.*

**Register by Tuesday March 17<sup>th</sup>.**

#### **Writing to Heal**

*Wednesdays, April 8<sup>th</sup>—May 27<sup>th</sup>, 9:00—11:00 am*

This eight-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 required to run this free group.*

**Register by Wednesday March 25<sup>th</sup>.**

#### **Understanding Your Grief Book Discussion**

*Tuesdays, April 28<sup>th</sup>—June 30<sup>th</sup>, 12:30—2:00 pm*

This ten-week support group utilizes the book, *Understanding Your Grief: Ten Essential Touchstones for Finding Hope and Healing your Heart*, by Alan Wolfelt and its corresponding journal, both of which will be provided. Each participant will be required to read a chapter of the book prior to each session.

*Minimum 3 registrants required to run.*

**Register by Friday April 10<sup>th</sup>.**

#### **Mindfulness & Grief Support Group**

*Wednesdays May 6<sup>th</sup>—July 1<sup>st</sup>, 12:30—2:00 pm*

This eight-week support group will focus on learning mindfulness principles and techniques to help heal the loss of a loved one. This group utilizes the book, *Mindfulness & Grief* by Heather Stang. Each participant will be required to read a chapter of the book prior to each session.

*Four registrants required to run.*

**Register by Wednesday April 22<sup>nd</sup>.**

#### **Writing to Heal**

*Mondays, June 15<sup>th</sup>—August 3<sup>rd</sup>, 3:30—5:30 pm*

This eight-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 required to run this free group.*

**Register by Monday June 1<sup>st</sup>.**

#### **Finding the Peace within Support Group**

*Fridays, July 10<sup>th</sup>—August 28<sup>th</sup>, 1:00—3:00 pm*

This eight-week grief support group is for any adult experiencing grief. This group will focus on helping you find inner peace amidst the tumultuous storm of grief.

*Minimum five registrants required to run this free group.*

**Register by Friday June 26<sup>th</sup>.**

#### **Eight Week Grief Support Group**

*Mondays, July 13<sup>th</sup>—August 31<sup>st</sup>, 12:30—2:00 pm*

This eight week grief support group is for any adult experiencing grief due to the death of a loved one, family member or friend.

*Minimum five registrants required to run this free group.*

**Register by Monday June 29<sup>th</sup>.**



# Horizon Grief Resource Center

## 2020 Essential Oils Class Schedule

The Horizon Grief Resource Center conducts Essential Oils classes throughout the year taught by oil educator Shelly Price.

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### Facials

*Thursday, February 20<sup>th</sup> at 3:30 p.m.*

**\$40.00 cash in advance- paid by Monday, February 3.**

All participants will do a 7 step self-facial using the ART Skin care system from Young Living.

*Maximum of 4 people.*

### DIY 4 Make and Take

*Thursday, April 16<sup>th</sup> at 3:30 p.m.*

**\$35.00 cash in advance- paid by Monday March 30.**

All participants will make a lip balm, room refresher, body lotion and 2 hand soap pumps using oils of your choice.

*Maximum of 6 people.*

### Essential Oils 101 Back to Basics

*Thursday, June 18<sup>th</sup> at 3:30 p.m.*

**\$5.00 cash in advance – paid by Monday, June 1.**

*Maximum of 18 people.*

### Babies and Toddlers! Seedling Signature line (live baby demo)

*Thursday, August 20<sup>th</sup> at 3:30 p.m.*

**\$5.00 cash in advance- paid by Monday, August 3.**

*Maximum of 18 people.*

### DIY 4 Make and Take

*Thursday, October 22<sup>nd</sup> at 3:30 p.m.*

**\$35.00 cash in advance- paid by Monday, October 5.**

All participants will make a lip balm, room refresher, body lotion and 2 hand soap pumps using oils of your choice.

*Maximum of 6 people.*

### Oils of Scripture

*Thursday, November 19<sup>th</sup> at 3:30 p.m.*

**\$5.00 cash in advance – paid by Monday, November 9.**

A Heavenly scented walk in scripture.

*Maximum of 18 people.*

**All groups and workshops will be held at:  
11400 W Lake Park Dr. Milwaukee, WI 53224.**

Please call (414) 856-8383 to register.

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**Visit our website for more information and future events:**

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



# Horizon Grief Resource Center

## 2020 Workshop Schedule

The Horizon Grief Resource Center conducts educational and creative workshops throughout the year presented by our Bereavement Counselors and guest speakers.

Below is a list of workshops for April – July 2020.

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**Please note: All workshops need a minimum of 3 registrants to run.**

Please call (414) 856-8383 to register.

### April

<p><b>Mindfulness &amp; Grief Workshop</b> <i>Wednesday April 1<sup>st</sup> 1:00—3:00 pm</i></p> <p>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.</p> <p><b>Register by Friday March 27<sup>th</sup>.</b></p>	<p><b>Soul Book Gathering</b> <i>Wednesday April 8<sup>th</sup> 12:30—3:30 pm</i></p> <p>Your SoulBook will be a sort of guidebook for your soul - to use when you are feeling lost or when you need a recharge. You will be creating a beautiful, very personal reminder of all the things you already know on a soul level, but that we often forget when we are going through an overwhelming patch of life. . . any of those times in our lives when we need to remember these things the most.</p> <p><b>Register by Monday April 6<sup>th</sup></b></p>
<p><b>Gratitude in Grief Workshop</b> <i>Tuesday April 14<sup>th</sup> 10:00—11:30 am</i></p> <p>You may be struggling with the concepts of thankfulness and gratitude, thinking 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. We will experiment with several gratitude practices to find one that work well for you.</p> <p><b>Register by Friday April 10<sup>th</sup>.</b></p>	<p><b>Nurturing Life through Grief</b> <i>Friday, April 17<sup>th</sup> at 2:00 - 3:30 p.m.</i></p> <p>Participants will take time to plant their own indoor plant to take home, while learning about the benefits of nurturing another being through grief and attending to their own caregiver burnout.</p> <p><i>Maximum 12 registrants.</i> <b>Must be registered by April 10<sup>th</sup>.</b></p>

<p><b>Exploring the 4 F's of Grief</b> <i>Wednesday, April 22<sup>nd</sup> at 12:00 – 1:00 p.m.</i></p> <p>Learn how to find some balance in caring for yourself on this grief journey. Learn the 4 F's of grief and set healthy goals for yourself along the way.</p> <p><b>Register by April 20<sup>th</sup>.</b></p>	<p><b>Stitching Hearts to Hold</b> Friday April 24<sup>th</sup> 2:00—4:00 pm</p> <p>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 to 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.</p> <p><b>Register by Wednesday April 15<sup>th</sup>.</b></p>
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### May

<p><b>Everyday Mindfulness</b> <i>Friday, May 1<sup>st</sup> at 10:00 - 11:00 a.m.</i></p> <p>This workshop will help individuals practice easy-to-use mindfulness that can be implemented in just a couple minutes a day. Creating a healthy mind helps us to create a healthy life!</p> <p><b>Must be registered by April 24<sup>th</sup>.</b></p>	<p><b>Bad Day Box Workshop</b> <i>Friday May 1<sup>st</sup> 1:00—4:00 pm</i></p> <p>Grief is at times like an uncontrollable roller coaster. What do you do to help yourself through the rough days? Come create a bad day survival box to give you strength, hope, and tools to get through your toughest days of grief. No artistic talent required. All supplies will be provided.</p> <p><b>Register by Wednesday April 22<sup>nd</sup>.</b></p>
<p><b>Handling Anger &amp; Guilt in Grief Workshop</b> <i>Tuesday May 5<sup>th</sup> 2:30—4:00 pm</i></p> <p>Guilt and anger can be two of the most persistent and intense feelings during grief. This workshop will give you tools to handle both of these tumultuous feelings.</p> <p><b>Register by Friday April 24<sup>th</sup>.</b></p>	<p><b>Acupressure for Grief</b> <i>Friday, May 8<sup>th</sup> at 3:00 – 4:00 p.m.</i></p> <p>Wellness is just a press away. Learn about the tools you have within you to help relax, comfort, and care for yourself through the art of acupressure.</p> <p><b>Must be registered by May 1<sup>st</sup>.</b></p>

<p><b>Something Beautiful</b> <i>Friday, May 15<sup>th</sup> at 2:30 – 4:00 p.m.</i></p> <p>The workshop gives participants a chance to talk about their journey and have the opportunity to acknowledge and honor the “unspoken side of grief,” and express it with the act of breaking a plate. From the left over shards, we will create something beautiful.</p> <p><i>Maximum 12 registrants.</i> <b>Must be registered by May 8<sup>th</sup>.</b></p>	<p><b>Your Story Matters</b> <i>Wednesday, May 20<sup>th</sup> at 2:00 – 3:30 p.m.</i></p> <p>Stories are a way for humans to connect, integrate our experiences, and help us learn to cope with our “new normal”. But where do we start? This workshop will help individuals walk through writing prompts to help process and create their story in a way that honors their grief.</p> <p><b>Must be registered by May 13<sup>th</sup>.</b></p>
<p><b>Serious Play</b> <i>Wednesday, May 27<sup>th</sup> at 2:00 – 3:30 p.m.</i></p> <p>Research shows us that children learn and process life events by playing. But as adults, we seem to forget the great benefits that occur during play. This workshop will recapture the magic of play as participants engage with each other in fun games to help us connect, laugh, and enjoy ourselves again!</p> <p><b>Must be registered by May 20<sup>th</sup>.</b></p>	<p><b>Soul Book Gathering</b> <i>Friday May 29<sup>th</sup> 1:00—4:00 pm</i></p> <p>Your SoulBook will be a sort of guidebook for your soul - to use when you are feeling lost or when you need a recharge. You will be creating a beautiful, very personal reminder of all the things you already know on a soul level, but that we often forget when we are going through a rough patch or an overwhelming patch of life. . . any of those times in our lives when we need to remember these things the most.</p> <p><b>Register by Friday May 15<sup>th</sup>.</b></p>

## June

<p><b>S.E.L.F. Care Workshop</b> <i>Monday June 1<sup>st</sup> 12:30—3:30 pm</i></p> <p>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.</p> <p><b>Register by Friday May 22<sup>nd</sup>.</b></p>	<p><b>Relaxation &amp; Reflection in the Garden</b> <i>Wednesdays June 3<sup>rd</sup>—24<sup>th</sup>, 9:00—10:30 am</i></p> <p>The powerful combination of relaxation and reflection can increase calm, reduce anxiety, provide greater personal insight, and give you tools to cope more effectively with stress and grief. Spend time each week in the Serenity Garden as we explore guided meditation, breathing exercises, stress reduction techniques, and reflect through journaling and contemplation. This four week workshop will meet in the Serenity Garden outside the Grief Resource Center, weather permitting.</p> <p><b>Register by Wednesday May 20<sup>th</sup>.</b></p>
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<p><b>Mindful Movements</b> <i>Friday, June 5<sup>th</sup> at 2:30 – 3:30 p.m.</i></p> <p>This interactive workshop will be led by Jordan Meyer, CPT, LMT, a personal trainer and massage therapist. The focus of these activities is to help you find functional movements to support you in those moments when grief really sets in.</p> <p><b>Must be registered by May 29<sup>th</sup>.</b></p>	<p><b>Growing Gratitude</b> <i>Wednesday, June 10<sup>th</sup> at 11:00 – 12:30 p.m.</i></p> <p>This workshop will help you learn more about harnessing the art of adding daily gratitude to your life, while also helping you to create a decorated jar to watch your gratitude grow throughout the year!</p> <p><i>Maximum 24 registrants.</i></p> <p><b>Must be registered by May 27<sup>th</sup>.</b></p>
<p><b>Slowly Letting Go</b> <i>Friday, June 19<sup>th</sup> at 2:30 – 4:00 p.m.</i></p> <p>Sometimes grief can feel too heavy and we don't know how to keep carrying it all. This workshop will talk about coping with the heaviness of grief while also finding opportunities to let go of things that are no longer serving you in your journey. Join us for this group discussion and an activity to help you breathe a bit easier.</p> <p><b>Must be registered by June 12<sup>th</sup>.</b></p>	<p><b>Soul Book Gathering</b> <i>Thursday June 25<sup>th</sup> 2:30—5:30 pm</i></p> <p>Your SoulBook will be a sort of guidebook for your soul - to use when you are feeling lost or when you need a recharge. You will be creating a beautiful, very personal reminder of all the things you already know on a soul level, but that we often forget when we are going through an overwhelming patch of life. . . any of those times in our lives when we need to remember these things the most.</p> <p><b>Register by Friday June 12<sup>th</sup>.</b></p>
<p style="text-align: center;"><b>Journaling for Grief Workshop</b> <i>Monday June 29<sup>th</sup> 12:30—3:00 pm</i></p> <p style="text-align: center;">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 play with art journaling. No artistic skill or talent required—just a willingness to experiment and try.</p> <p style="text-align: center;"><b>Register by Friday June 19<sup>th</sup>.</b></p>	

## July

<p><b>Finding Your “Grief Language”</b> <i>Wednesday, July 1<sup>st</sup> at 1:00 – 2:30 p.m.</i></p> <p>Grief may be a universal experience, but we all feel it in our own ways. This workshop will help you to learn what your “grief language” is so you can help yourself cope through outlets that feel good for your experience.</p> <p><b>Must be registered by June 24<sup>th</sup>.</b></p>	<p><b>Forgiveness Workshop</b> <i>Wednesday July 8<sup>th</sup> 12:30—3:30 pm</i></p> <p>“Not forgiving somebody is like drinking poison and hoping that the offender will get sick”—Gary Smalley Explore the process of forgiveness—for yourself or someone else (living or deceased) through this workshop.</p> <p><b>Register by Friday June 26<sup>th</sup>.</b></p>
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<p><b>Hike Your Own Hike: Wellness Walk</b> <i>Friday, July 10<sup>th</sup> at 9:00 – 10:30 a.m.</i></p> <p>Grief may feel like a journey, so let's walk it together. Join us at Mequon Nature Preserve for a gentle morning walk as we practice mindfulness, build community, and reconnect with nature.</p> <p><b>Must be registered by July 3<sup>rd</sup>.</b> <i>Note: Transportation will not be provided. Everyone will meet at Mequon Nature Preserve - weather permitting.</i></p>	<p><b>6 Word Memoirs</b> <i>Monday, July 13<sup>th</sup> at 2:00 – 3:00 p.m.</i></p> <p>Can you tell your life story in six words? This workshop will concentrate on opening creative channels to help tell our stories of life, love, and loss. We will end with a “six-word slam” to share our stories.</p> <p><b>Must be registered by July 6<sup>th</sup>.</b></p>
<p><b>Soul Book Gathering</b> <i>Wednesday July 15<sup>th</sup> 12:30—3:30 pm</i></p> <p>Your SoulBook be a sort of guidebook for your soul - to use when you are feeling lost or when you need a recharge. You will be creating a beautiful, very personal reminder of all the things you already know on a soul level, but that we often forget when we are going through an overwhelming patch of life. . . any of those times in our lives when we need to remember these things the most.</p> <p><b>Register by Wednesday July 1<sup>st</sup>.</b></p>	<p><b>Remembrance Ceremony</b> <i>Friday, July 24<sup>th</sup> at 2:30 – 4:00 p.m.</i></p> <p>Our remembrance ceremony is a beautiful way to pause your busy life and remember those we miss. This non-religious ceremony will blend the gentleness of nature with an opportunity to honor our loved one(s).</p> <p><b>Must be registered by July 10<sup>th</sup>.</b></p>
<p style="text-align: center;"><b>Messages of Hope</b> <i>Monday, July 27<sup>th</sup> at 11:00 – 12:30 p.m.</i></p> <p>During this workshop we will be creating cards filled with messages of hope for individuals who are just starting their grief journey. In the midst of grief, we still have so much hope and love to offer to others. Join us to spread some love and light.</p> <p style="text-align: center;"><b>Must be registered by July 13<sup>th</sup>.</b></p>	

**For SoulBook Registrants:**

Join us for monthly Soul Book Gatherings (attend one or all) to create your own Soul Book using cut and paste journaling from Melody Ross's curriculum ([melodyross.com](http://melodyross.com)).

We suggest the following items to bring with you: Journal to collage in (or make one at the gathering), pictures of yourself, and scrap book paper or ephemera you want to use in your own book.

**Visit our website for more information and future events:**

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

**All groups and workshops will be held at: 11400 W Lake Park Dr. Milwaukee, WI 53224.**

Horizon Grief Resource Center, 11400 W Lake Park Drive, Milwaukee WI 53224

Contact us with questions: (414) 586-8383