



THE PEGGY F. MURPHY
**Community
Grief Center**

Grief Support Special Programming

July-September 2024

RSVP is required for all programs.

Please call (260)435-3261 or email
GriefCenter@stillwater-hospice.org to register.

Grief support programs are designed to provide tools to cope with grief and stress. These programs are available at no charge for any adult who has experienced or is anticipating a loss.

Seasonal Programs

Yoga for Respite & Restoration

Wednesdays | 9:00-9:50 AM

July 3 & 17, August 7 & 21

Wednesdays | 5:30-6:20 PM

September 4 & 18

Gentle, restful movements, open for anyone to practice on a mat or a chair.

RSVP by the Monday before meeting date.

Grief Hikes

Third Friday of every month | 10:00-11:00 AM

June 21, July 19, August 16, September 20

Process grief through a group hike at various ACRES trail locations.

RSVP by the Monday before meeting date.

4 Week Series

For continued participation, attendance the first week is required.

Meditation & Mindfulness

Wednesdays | 10:00-11:30 AM

August 7-28, 2024

An introduction to meditation & mindfulness as tools for daily living.

RSVP by Friday, August 2nd.

Healing Haiku

Thursdays | 6:00-7:30 PM

September 5-26, 2024

Participants will learn to express feelings and find ways to make sense of their loss through Haiku.

RSVP by Friday, August 30th.

**All programs and events are in-person and located at
The Peggy F. Murphy Community Grief Center 5920 Homestead Road, Fort Wayne, IN 46814
unless otherwise specified.**



THE PEGGY F. MURPHY
**Community
Grief Center**

2024 Grief Support Special Programming Menu

RSVP is required for all programming.

260-435-3261 | GriefCenter@stillwater-hospice.org



Grief Hikes Summer

Monthly group hikes
at various ACRES
locations.



Yoga for Respite & Restoration Spring and Fall

Gentle movement,
breath, and meditation.



Invisible Ink Spring and Fall

4-week guided writing
program to help
process & express grief.



Meditation & Mindfulness Spring and Fall

4-week series intro to
meditation & mindfulness
as tools for daily living.



The Colors of Grief Spring and Fall

4-week series using
the process of
creation and emotion
to navigate grief.



Healing Through Hula Hooping Spring and Fall

4-week series to explore
emotions through
movement with a hula hoop.



Death Café Monthly

Group discussion on
death & dying.
*This is not a grief
support group.*



Healing Haiku Spring and Fall

4 week series learning
to express feelings
through the simple
writing form of Haiku.



Annual Holidays & Seasonal Observances

Memories of Mom - May

Dedication to Dad - June

Bereaved Parents' Day - June

Griefsgiving - November

Winterlude - December

**The Peggy F. Murphy Community Grief Center
5920 Homestead Road Fort Wayne, IN 46814**



@pfmgriefcenter