



Grief Support Special Programming

April -June 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 | 5:30-6:20 PM

April 10 & 24

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

May 17, June 21

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

RSVP by the Monday before meeting date.

4 Week Series

Meditation & Mindfulness

Mondays | 5:30-7:30 PM

April 8-29, 2024

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

RSVP by Friday, April 5th.

Invisible Ink

Thursdays | 10:00-11:30 AM

May 9-30, 2024

Participants will express and process grief through writing letters to their loved one.

RSVP by Friday, May 3rd.

Healing Through Hula Hooping

Wednesdays | 5:30-6:30 PM

June 5-26, 2024

Participants will explore emotions through mindful movement with a hula hoop.

RSVP by Friday, May 31st.

Special Events

Memories of Mom

Saturday, May 4, 2024

10:30 AM- 2PM

For those who have lost their mother.

RSVP by Friday, April 26th.

Dedication to Dad

Saturday, June 1, 2024

10:30 AM- 2PM

For those who have lost their father.

RSVP by Friday, May 24th.

Bereaved Parents Day

Saturday, June 22, 2024

10:30 AM- 2PM

For those who have lost a child.

RSVP by Friday, June 14th

**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.**