



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

# Grief Support Special Programming Menu



## **Book Club**

*Monthly*

Discussion of a selected book themed on death, dying, grief, and loss.



## **Yoga for Respite & Restoration**

*Spring and Fall*

Bi-monthly practice of gentle movement, breath, and meditation.



## **Invisible Ink**

*Spring and Fall*

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



## **Meditation & Mindfulness**

*Spring and Fall*

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



## **Healing Through Art**

*Spring and Fall*

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



## **Healing Through Music**

*Spring and Fall*

4-week series to explore grief through a variety of music therapy experiences.



## **Death Café**

*Monthly*

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



## **Annual Holidays & Seasonal Observances**

Memories of Mom  
Dedication to Dad  
Griefsgiving  
Winterlude

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



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Grief Center**

## Grief Support Special Programming

**OCTOBER-DECEMBER 2023**  
**-RSVP IS REQUIRED FOR ALL PROGRAMS-**



### Death Café

*This is not a grief support group.*

October 14, November 11,  
December 9 | 10:00-11:30 AM

An international social gathering to  
enjoy coffee/tea and baked goods  
with a discussion on death & dying.

*RSVP by Monday before meeting date.*



### Yoga for Respite & Restoration

October 4 & 18, November 1 & 15,  
December 6 & 20 | 5:30-6:20 PM

A practice of gentle movement, breath,  
and meditation to provide the tools to be  
present in your body and being. Please  
bring your own mat. Props will be  
provided. No experience necessary.

*RSVP by the Monday before meeting date.*



### Meditation & Mindfulness: 4-Week Series

**Mondays, October 2-23**

**5:30-7:30 PM**

An introduction to meditation and  
mindfulness as tools for daily living. Learn the  
basics to help you be present with sensation,  
mood, and thought.

*RSVP by Wednesday, September 27th*



### Healing Through Art: 4-Week Series

**Thursdays, October 5-26**

**5:30-7:30 PM**

Participants will process their grief through  
art. Art therapy is about the process of  
creation and emotion, rather than the end  
product of the art itself.

*RSVP by Wednesday, September 27th*

## SPECIAL EVENTS



### Griefsgiving

**November 4th | 10:30AM-1:30 PM**

A half-day event to gather tools to  
navigate the holiday season.

Complete with breakout sessions and  
an educational seminar. A light lunch  
will be served.

*RSVP by Friday, October 27th .*



### Winterlude

**December 2nd | 10:30AM-12:30 PM**

A half-day event to gather tools to  
navigate the winter season through a  
variety of experiences. Light snacks  
will be provided.

*RSVP by Friday, November 24th .*

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