



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

2024 Grief Support Special Programming Menu



Grief Hikes Summer

Twice 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

Dedication to Dad
Bereaved Parents' Day
Griefsgiving
Winterlude

The Peggy F. Murphy Community Grief Center
5920 Homestead Road Fort Wayne, IN 46814
260-435-3261 | GriefCenter@stillwater-hospice.org

  @pfmgriefcenter



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**Community
Grief Center**

Grief Support Special Programming

JANUARY-MARCH 2024
-RSVP IS REQUIRED FOR ALL PROGRAMS-



Death Café

This is not a grief support group.

Second Saturday of every month.

January 13, February 10, March 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 Wednesday before meeting date.



Yoga for Respite & Restoration

January 10 & 24, February 14 & 28, March 13 & 27 | 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.



Healing Haiku: 4-Week Series with Kathy Curtis

Thursdays, February 1-22, 2024 | 6:00-7:30 PM

Participants will learn to express feelings that are hard to put into words and find ways to make sense of their loss through the short and simple format of Haiku.

RSVP by Friday, January 26th



The Colors of Grief: 4-Week Series

Thursdays, March 7-28, 2024

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 Friday, March 1st

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