



THE PEGGY F. MURPHY

**Community  
Grief Center**

# Monthly Grief Support Programs

RSVP required for all programs.  
Registration available online.



## Yoga for Respite & Restoration

with Vicki Eber, TCTSY-F

**Wednesdays, December 3 & 17 | 10:00-10:50 AM**

A 50-minute practice of gentle mindful movement, breath work, and meditation in a safe and welcoming space to navigate your mental, physical, and emotional states of being. Participants can practice seated in a chair or on a mat.

**RSVP required by Monday, December 1<sup>st</sup> & 15<sup>th</sup>.**

## Death Café

**Saturday, December 13 | 10:00-11:30 AM**

*This is not a grief support group.*

A group-led discussion around death and dying.  
No agenda, action items, or theme.

**RSVP required by Wednesday, December 10<sup>th</sup>.**



# Quarterly Grief Support Programs

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## Drum Circle

with Laura Hillyard

Thursday, December 4th | 1:00-2:00 PM

In this community drum circle, you will experience rhythm, music and community bonding. Immerse yourself in the beat, connect with friends and let the rhythm uplift your spirits. No experience necessary.

**RSVP required by Friday, November 28th**



## Wellness Coaching Cohort

with Vicki Eber

Friday, December 5th | 10:00-11:30 AM

This session is intended to give you structure to work alongside your grief that may be impacting habits you'd like to change. Each participant can choose to schedule up to 3 individual coaching sessions with Vicki after the cohort, used within the quarter.

**RSVP required by Friday, November 28th**

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## Grief Support Special Programming

# Winterlude

Saturday, December 6th

10:30 AM-1:30 PM

**RSVP required by Friday, November 28th**  
**Registration available online.**



Winter is a season that already has a weight to it, with the cooler temperatures bringing us indoors. Carrying grief into the winter season can add to that weight. Take time to pause, reflect, and remember your loved one while discovering ways to navigate the winter season with indoor activities to help lift your mood and cope with your grief.

**LIGHT SNACKS WILL BE SERVED.**

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