



THE PEGGY F. MURPHY
Community
Grief Center

-JANUARY 2026- GRIEF PROGRAM SCHEDULE

7-28

4-Week
Series

Knitting 101

Learn the basic skills of knitting.

6 - 7:30 pm

8

Quarterly

Sound Bath

Sound waves create a meditative experience to help reduce stress & release emotions.

6 - 7:30 pm

14 & 28

Monthly

Yoga for Respite & Restoration

Gentle, mindful movement paired with supported resting postures.

10 - 10:50 am

15

Monthly

Drum Circle

Express your emotions and shift your mood through rhythmic drumming.

10 - 11 am

16

Monthly

Grief Hikes

Hikes help to process grief and connect to nature. At various ACRES locations.

10 - 11:30 am

21

Monthly

MELT Method

Helps restore your nervous system and releases physical tension that can be caused by grief.

5:30 -6:30 pm

29

Quarterly

Embodied Dance Movement

Express your emotions and shift your mood through movement to music.

6-7 pm



All programs are open to adults who have experienced a death-related loss, free of charge. Registration is required for each program. Scan the QR code to access current program enrollment forms.



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

Grief Program 4-week series

Knitting 101

4-Week Series with Danielle Peterson

Wednesdays, January 7-28, 2026

6:00-7:30 PM

RSVP required by January 2nd



Knitting has been known to be a meditative hobby as a creative outlet that can help reduce stress. Learn the basic skills of knitting in this series. Supplies will be provided. For proper supply planning, registration is required to attend.

***For continued participation,
attendance the first week is required.***

5920 Homestead Road, Fort Wayne, IN 46814

**For the health & safety of our facilitators and participants,
please refrain from wearing scented lotions and perfumes.*



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

Quarterly Grief Program

Sound Bath

with Adriana Nash

Thursday, January 8, 2026

6:00-7:30 PM

RSVP by Friday, January 2nd
Registration available online.



The use of soundwaves creates a meditative experience for participants to help reduce stress and release emotions held in their body. Participants are welcome to sit in a chair or lie down on a yoga mat. Space is limited.

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Monthly Grief Program

Yoga for Respite & Restoration

with Vicki Eber, TCTSY-F

Wednesdays, January 14 & 28, 2026

10:00-10:50 AM

**Registration required by the
Monday prior to each session.**



**A 50 minute practice of gentle, mindful
movement that encourages rest. Participants are
welcome to practice in a chair or on a mat. Props
are provided.**

No experience required.

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Monthly Grief Program

Drum Circle

with Laura Hillyard

Thursday, January 15, 2026

10:00-11:00 AM

**RSVP required by the Friday
prior to each session.**



Drum Circles offer an opportunity to express and shift your mood through drums and other percussion instruments. Experience rhythm and community bonding. No experience necessary.

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ACRES
LANDTRUST

Monthly Grief Program

Grief Hikes

in collaboration with ACRES

Friday, January 16, 2026

ACRES Main Office: Huntertown, IN

10:00 AM

RSVP required by January 12th



Movement in nature can help with processing emotions and bring a sense of calm and connection. Join us on a monthly hike with ACRES. Open to any adult who has experienced a death-related loss.

RSVP is required for each hike.

**Hikes are supported by
the Ralph E. Taylor Conservation Fund**



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

Monthly Grief Program

MELT Method

with Laura Hillyard

Wednesday, January 21, 2026

5:30-6:30 PM

**Registration is required the Friday
before each session.**



MELT is an easy to learn self-treatment method that can help with the common physical symptoms of grief. Restore your nervous system and releases stuck stress. Ease chronic pain and stiffness.

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tulip tree
collective
Community. Creativity. Conscious Living.

Quarterly Grief Program

Embodied Dance Movement

with Julia Hyndman-Helmkamp of
Tulip Tree Healing Arts Collective
Thursday, January 29, 2026
6:00-7:00 PM

RSVP by Friday, January 23rd
Registration available online.



This practice focuses on connecting with your body and emotions, then moving and expressing from that place in response to music. You will be given cues, practices, and tools to be guided into your body and move with curiosity.

Express and shift your mood through movement!
Participants can practice in a chair or moving on the floor.

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