



# -FEBRUARY 2026-

## GRIEF PROGRAM SCHEDULE

2-23	4-Week Series	<b>Meditation &amp; Mindfulness</b> Find presence with the various experiences of grief you may encounter in daily life.	10:30am- 12pm
2	Quarterly	<b>Book Club: "Walking Each Other Home"</b> Discussion on various books covering death, dying, and grief.	5 - 7 pm
4	Quarterly	<b>Clay Expression</b> Using polymer clay to express feelings of grief that can be hard to put into words.	10 am - 1 pm
7	Special Event	<b>Lost Loves Day</b> Half-day retreat for those who have lost a spouse, significant other, or partner.	10:30 am - 2 pm
11 & 25	Monthly	<b>Yoga for Respite &amp; Restoration</b> Gentle, mindful movement paired with supported resting postures.	10 - 10:50 am
18	Monthly	<b>MELT Method</b> Helps restore your nervous system and releases physical tension that can be caused by grief.	5:30 - 6:30 pm
19	Monthly	<b>Drum Circle</b> Express your emotions and shift your mood through rhythmic drumming.	10 - 11 am
20	Monthly	<b>Grief Hikes</b> Hikes help to process grief and connect to nature. At various ACRES locations.	10 - 11:30 am



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**

### **Meditation & Mindfulness**

with Vicki Eber

**Mondays: February 2-23, 2026**

**10:30AM-12:00 PM**

**RSVP by January 28<sup>th</sup>**



This 4-week program is designed to help you be present with the various experiences of grief you may encounter in daily life. You will learn meditation concepts and practices to live mindfully alongside your grief. No experience necessary.  
*For continued participation, attendance the first week is required.*

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

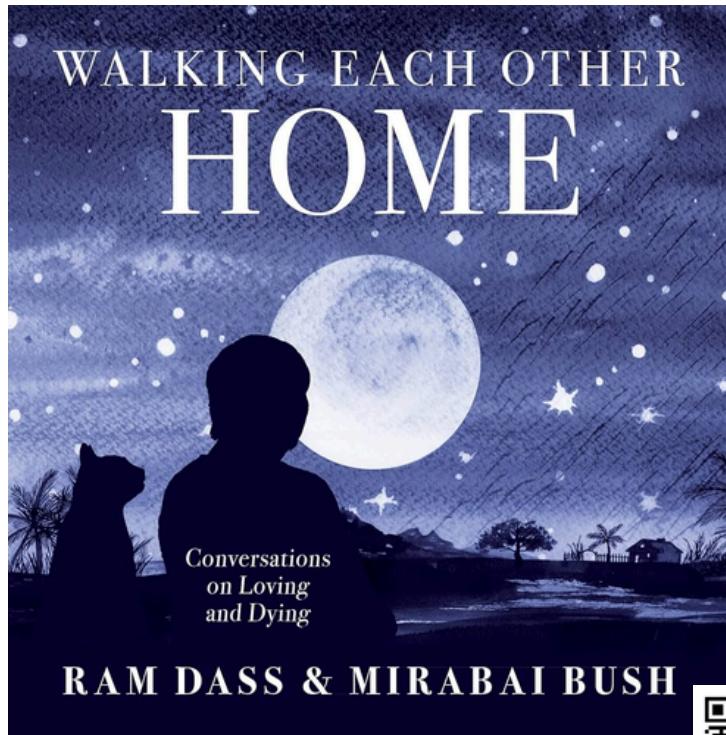


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# Quarterly Grief Program

## BOOK CLUB

FEBRUARY 2, 2026  
5:00-7:00 PM



**RSVP Required by January 29th**



**Join us at the Grief Center for a book club discussion with books on grief, death, and dying. February's book selection is *Walking Each Other Home* by Ram Dass & Mirabai Bush.**



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# Quarterly Grief Program

## Clay Expression

with Rebecca Zabel Rader

Wednesday, February 4, 2026

10:00 AM-1:00 PM

**RSVP required by January 28<sup>th</sup>**



Using polymer clay, you will create, bake, and paint pieces that help express feelings that can be hard to put into words. The facilitator will offer gentle guidance and examples. No artistic skills needed, only a willingness to explore and create in a supportive environment.

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# Grief Support Special Event



## Lost Loves Day

FEBRUARY 7, 2026  
10:30 AM-2:00 PM

**RSVP Required by January 30th**

A half-day retreat for any adult who has experienced the loss of their spouse, partner, or significant other. The day will include a variety of experiences and tools to help navigate significant days, including Valentine's Day.

A light lunch will be served.

**5920 Homestead Road, Fort Wayne, IN 46814**

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## Monthly Grief Program

# **Yoga for Respite & Restoration**

**with Vicki Eber, TCTSY-F**

**Wednesdays, February 11 & 25, 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, February 19, 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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# **Monthly Grief Program**

## **MELT Method**

with Laura Hillyard

**Wednesday, February 18, 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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ACRES  
LANDTRUST

## Monthly Grief Program Grief Hikes

in collaboration with ACRES

Friday, February 20, 2026

Heinzerling Nature Preserve: Garrett, IN

10:00 AM

**RSVP required by February 16<sup>th</sup>**



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**