



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

-MARCH 2026- GRIEF PROGRAM SCHEDULE

5-26

4-Week
Series

Tai Chi

Tai Chi is a meditative practice in motion, combining breath and gentle, fluid movements.

11am- 12pm

3

Quarterly

Wellness Coaching Cohort

Discovering and planning behavior changes that can be impacted by grief.

1:30-3:30 pm

11 & 25

Monthly

Yoga for Respite & Restoration

Gentle, mindful movement paired with supported resting postures.

10 - 10:50 am

18

Monthly

MELT Method

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

10-11 am

19

Monthly

Drum Circle

Express your emotions and shift your mood through rhythmic drumming.

10 - 11 am

20

Monthly

Grief Hikes

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

10 - 11:30 am

22

Special
Event

Grief Garden

Learn about caring for houseplants and curate your own griefscape. **Cost: \$10 for supplies.**

10am-12pm

30

Quarterly

Paint Expression

Using paint and collage techniques to express feelings of grief that can be hard to put into words.

1-3:30pm



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
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Quarterly Grief Program

Wellness Cohort

with Vicki Eber

Tuesday, March 3 | 1:30-3:30PM

Registration required by February 27th



Living alongside grief can impact various behaviors you may want to change. In your group wellness coaching cohort, you will create a wellness vision to guide any goals you may have to work alongside your grief in changing your habits. Each participant can choose to schedule up to 3 individual coaching sessions with Vicki after the group session; to be used within the quarter.

Peggy F. Murphy Community Grief Center
5920 Homestead Rd., Fort Wayne, IN 46814
260.435.3261
GriefCenter@stillwater-hospice.org



THE PEGGY F. MURPHY
**Community
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Grief Program

4-week series

Tai Chi

with Cathleen Scott-Slayback
Thursdays: March 5-26, 2026
11:00AM-12:00 PM

Registration required by February 27th



This 4-week Tai Chi series combines gentle, flowing movements paired with breath to create a meditative practice in motion.

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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Monthly Grief Program

Yoga for Respite & Restoration

with Vicki Eber, TCTSY-F

Wednesdays, March 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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THE PEGGY F. MURPHY
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Monthly Grief Program

MELT Method

with Laura Hillyard

Wednesday, March 18, 2026

10-11 AM

**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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Monthly Grief Program

Drum Circle

with Laura Hillyard

Thursday, March 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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ACRES
LANDTRUST

Monthly Grief Program

Grief Hikes

in collaboration with ACRES

Friday, March 20, 2026

Vandolah Nature Preserve: Leo, IN

10:00 AM

RSVP required by March 16th



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
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HONEY PLANT

Grief Garden

SPECIAL EVENT IN COLLABORATION WITH HONEY PLANT

March 22, 2026

10:00 AM- 12:00 PM

Cost: \$10

Registration required by Wednesday, March 18th



Join us at Honey Plant to cultivate your own grief garden and tend to your grief. You will learn about caring for houseplants while curating your own griefscape in your planter. Participants are encouraged to bring their own tokens or figures that represent their loved one(s) to personalize their experience. The \$10 fee covers your plant, soil, and container.

This event will be held at Honey Plant

1436 N. Wells Street

Fort Wayne, IN 46808

**For assistance in registering contact the Grief Center
260.435.3261 or GriefCenter@stillwater-hospice.org**



THE PEGGY F. MURPHY
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tulip tree
collective

Community. Creativity. Conscious Living.

Quarterly Grief Program

PaintExpression

with Julia Hyndman-Helmkamp of Tulip Tree Collective

Monday, March 30, 2026

1:00-3:30 PM

RSVP required by March 27th



Use various paints and collage techniques to express the feelings of grief that can be hard to put into words. Creative expression is about the process of painting, rather than the end product. While there will be items for inspiration, participants are encouraged to bring their own inspiration tokens or objects that may inspire your creativity.

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Grief Support Special Event

A Siblings' Grief

Saturday, April 4th

10:30 AM-2:00 PM

A light lunch will be served.

RSVP by Friday, March 27th

Registration available online.



Half-day retreat for any adult who has experienced the loss of their sibling. This event will serve as a time of reflection and remembrance and will include a variety of experiences and tools to support you on your grief journey.

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