



THE PEGGY F. MURPHY
Community
Grief Center

-APRIL 2026- GRIEF PROGRAM SCHEDULE

4	Special Event	A Siblings' Grief Half-day retreat for any adult who has lost a sibling.	10:30 am - 2 pm
8	Monthly	Yoga for Respite & Restoration Gentle, mindful movement paired with supported resting postures.	10 - 10:50 am
9	Quarterly	Sound Bath A meditative experience using soundwaves to reduce stress and release emotions.	6-7:30 pm
15	Monthly	MELT Method Helps restore your nervous system and releases physical tension that can be caused by grief.	10-11 am
16	Monthly	Drum Circle Express your emotions and shift your mood through rhythmic drumming.	10 - 11 am
17	Monthly	Grief Hikes Hikes help to process grief and connect to nature. At various ACRES locations.	10 - 11:30 am
30	Quarterly	Embodied Dance Movement Express your emotions and shift your mood through dance.	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 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.

Peggy F. Murphy Community Grief Center

5920 Homestead Rd., Fort Wayne, IN 46814

260-435-3261 | GriefCenter@stillwater-hospice.org



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Monthly Grief Program

Yoga for Respite & Restoration

with Vicki Eber, TCTSY-F

Wednesdays, April 8th, 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.

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

Sound Bath

with Adriana Nash

Thursday, April 9, 2026

6:00-7:30 PM

RSVP by Friday, April 3rd

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

MELT Method

with Laura Hillyard

Wednesday, April 15, 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, April 16, 2026

10:00-11:00 AM

**RSVP required by the Monday
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, April 17, 2026

Evelyn & Wendell Dygert Nature Preserve:

Columbia City, IN

10:00 AM

RSVP required by April 13th



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.

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



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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, April 30, 2026

6:00-7:00 PM

RSVP by Friday, April 24th

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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