



THE PEGGY F. MURPHY
Community
Grief Center

-MAY 2026- GRIEF PROGRAM SCHEDULE

2

Special
Event

Memories of Mom

Half-day retreat for any adult who has lost their mom or motherly figure.

10:30 am - 2 pm

4

Quarterly

Book Club: "Finding Refuge"

Discussion on a specific book on death, dying, grief and loss.

5 -7 pm

6

Quarterly

Clay Expression

Using clay to express feelings of grief that can be hard to put into words.

10 am-1 pm

15

Monthly

Grief Hikes

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

10-11:30 am

21

Monthly

Drum Circle

Express your emotions and shift your mood through rhythmic drumming.

10 - 11 am

27

Monthly

Yoga for Respite & Restoration

Gentle, mindful movement paired with supported resting postures.

10 - 10:50 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**



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.

Peggy F. Murphy Community Grief Center

5920 Homestead Rd., Fort Wayne, IN 46814

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

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



THE PEGGY F. MURPHY
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Grief Support Special Event

Memories of Mom Saturday, May 2, 2026

10:30 AM-2:00 PM

A light lunch will be served.

RSVP by Friday, April 24th
Registration available online.



Half-day retreat for any adult who has experienced the loss of their mother. This event will serve as a time to reflect, reminisce, and remember their mother. The day will include a variety of experiences and tools to help navigate Mother's Day.

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THE PEGGY F. MURPHY
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Book Club

Monday, May 4, 2026

5:00-7:00 PM

Online registration
required by May 1st



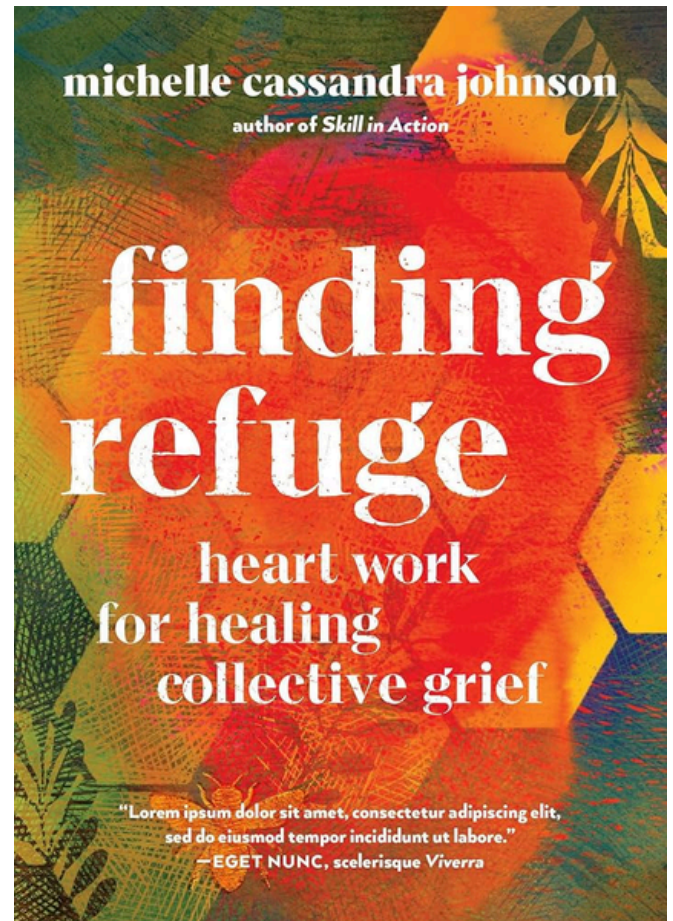
November's Book Selection

***Finding Refuge* by Michelle Cassandra Johnson**

Limited copies are available to check out through the Allen County Public Library and our Lending Library at the Grief Center. You can also purchase a new or used copy online or at your local bookstore.

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Quarterly Grief Program



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Quarterly Grief Program

Clay Expression

with Rebecca Zabel Rader

Wednesday, May 6, 2026

10:00 AM-1:00 PM

RSVP required by May 1st



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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Monthly Grief Program

Drum Circle

with Laura Hillyard

Thursday, May 21st, 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, May 15, 2026

Lonidaw Nature Preserve: Kendallville, IN

10:00 AM

RSVP required by May 11th



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.

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

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



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Monthly Grief Program

Yoga for Respite & Restoration

with Vicki Eber, TCTSY-F

Wednesday, May 27th, 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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