



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

-JUNE 2026- GRIEF PROGRAM SCHEDULE

2

Quarterly

Wellness Coaching Cohort

Discover what you envision for your well-being through the guidance of a coach.

10 am-12 pm

3-24

4-week
Series

MELT Method

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

10-11 am

6

Special
Event

Remembering Dad

Half-day event for adults who have lost their dad or fatherly figure.

10:30 am - 2 pm

18

Monthly

Drum Circle

Express your emotions and shift your mood through rhythmic drumming.

10-11 am

19

Monthly

Grief Hikes

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

10 - 11:30 am

27

Special
Event

A Parents' Grief

Half-day event for parents who have lost a child.

10:30 am - 2 pm

29

Quarterly

Paint Expression

Express your emotions through paint and collage techniques. No experience necessary.

1-3 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.



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Quarterly Grief Program

Wellness Cohort

with Vicki Eber

Tuesday, June 2, 2026 | 10 AM- 12PM

Registration required by May 29th



Map out what you envision for your well-being and discover where grief may be impacting behaviors you'd like to change with guidance from a wellness coach. 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

**Please contact the Grief Center if you need
assistance with your registration.**

*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
4-Week series**

MELT Method

with Laura Hillyard

Wednesdays, June 3-24, 2026

10:00- 11:00 AM

Online registration required by May 29th.



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

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Grief Support Special Event

Remembering Dad

Saturday, June 6, 2026

10:30 AM-2:00 PM

A light lunch will be served.

RSVP by Friday, May 29th online



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

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Monthly Grief Program

Drum Circle

with Laura Hillyard

Thursday, June 18th, 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, June 19, 2026

Bicentennial Woods: Huntertown, IN

10:00 AM

RSVP required by June 15th



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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Grief Support Special Event

A Parent's Grief

Saturday, June 27, 2026

10:30 AM-2:00 PM

A light lunch will be served.

RSVP by Friday, June 19th online.



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

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tulip tree
collective
Community Creativity Conscious Living.

Quarterly Grief Program

PaintExpression

with Julia Hyndman-Helmkamp
of Tulip Tree Collective

Monday, June 29, 2026

1:00-3:00 PM

RSVP required by June 26th



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.

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