



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

-AUGUST 2026- GRIEF PROGRAM SCHEDULE

3

Quarterly

Book Club: "I'm Glad My Mom Died"

Join in discussion on a selected book around death, dying, and grief.

5-7 pm

4-25

4-week
Series

Healing through Hula Hooping

Gentle movement and expression with a hula hoop.
Available to practice seated or standing.

6-7 pm

5

Quarterly

Clay Expression

Express your emotions through shaping polymer clay. No experience necessary.

10 am - 1 pm

12 & 26

Monthly

Yoga for Respite & Restoration

Gentle, mindful movement paired with supported resting postures.

10-10:50 am

19

Monthly

MELT Method

Self-massage technique with the use of tools to help relieve common physical symptoms of grief.

10 - 11 am

20

Monthly

Drum Circle

Express your emotions and shift your mood through rhythmic drumming.

10-11am

21

Monthly

Grief Hikes: Lloyd Bender Memorial Forest

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
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Quarterly Grief Program



Book Club

August 3, 2026 | 5-7 PM

Registration required by July 29

August's Book Club selection covers the complexity of difficult relationships and how it impacts grief through Jennette McCurdy's memoir. Copies of this book are available at your local bookstore or through Allen County Public Library

#1 NEW YORK TIMES BESTSELLER

I'm Glad My Mom Died

Jennette
McCurdy

"Heart-
wrenching
and utterly
compelling."
—
LAUREN
HOUGH

"An important
cultural
document."
—
LENA
DUNHAM



A SIMON & SCHUSTER BOOK

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THE PEGGY F. MURPHY
Community Grief Center



tulip tree
collective
Community Creativity Conscious Living

Grief Program 4-Week Series

Healing Through Hula Hooping

with Julia Hyndman of

Tulip Tree Healing Arts Collective

Tuesdays: August 4-25, 2026

6-7 PM

Registration is required by July 30th



Tap into your inner child with this 4-week series that invites participants to explore emotions and find joy through mindful movement with a hula hoop. You will be gently guided on how to keep a hula hoop up and begin dancing to music with a hoop. No experience necessary.

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

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THE PEGGY F. MURPHY
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Quarterly Grief Program

Clay Expression

with Rebecca Zabel Rader

Wednesday, August 5, 2026

10:00 AM-1:00 PM

RSVP required by July 29th



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

Yoga for Respite & Restoration

with Vicki Eber, TCTSY-F

Wednesday, August 12 & 26, 2026

10:00-10:50 AM

To create a safe and secure environment,
attendance is limited to those pre-registered by
August 10th & 24th



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

MELT Method

with Laura Hillyard

Wednesday, August 19, 2026

10:00–11:00 AM

Registration is required by August 14th



MELT is an easy to learn self-massage 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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THE PEGGY F. MURPHY
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Monthly Grief Program

Drum Circle

with Laura Hillyard

Thursday, August 20, 2026

10:00-11:00 AM

To create a safe and secure environment, attendance is limited to those pre-registered by August 17th



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

Grief Hikes

in collaboration with ACRES

Friday, August 21, 2026

Lloyd Bender Memorial Forest: Albion, IN

10-11:30 AM

RSVP required by August 17th

Minimum registrants: 6, Maximum: 12



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.

***Contact the Grief Center for assistance in registration:
260-435-3261 or GriefCenter@stillwater-hospice.org.***

Hikes are supported by the Ralph E. Taylor Conservation Fund