



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

-SEPTEMBER 2026- GRIEF PROGRAM SCHEDULE

1

Quarterly

Wellness Coaching Cohort

1-3 pm

Map out your wellness vision and goals and discover how grief may impact behaviors you'd like to change

9 & 23

Monthly

Yoga for Respite & Restoration

10-10:50 am

Gentle, mindful movement paired with supported resting postures.

16

Monthly

MELT Method

10-11 am

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

17

Monthly

Drum Circle

10 - 11 am

Express your emotions and shift your mood through rhythmic drumming.

18

Monthly

Grief Hikes: Wildwood ACRES Property

10-11:30 am

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

28

Quarterly

Paint Expression

1-3 pm

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



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, September 1, 2026 | 1-3PM

Registration required by August 26th



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**

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



THE PEGGY F. MURPHY
**Community
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Monthly Grief Program

Yoga for Respite & Restoration

with Vicki Eber, TCTSY-F

Wednesday, September 9 & 23, 2026

10:00-10:50 AM

To create a safe and secure environment,
attendance is limited to those pre-registered by
September 7th & 21st



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, September 16, 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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Monthly Grief Program

Drum Circle

with Laura Hillyard

Thursday, September 17, 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, September 18, 2026

Wildwood: Silver Lake, IN

10-11:30 AM

RSVP required by September 14th

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



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, September 28, 2026

1:00–3:00 PM

RSVP required by September 23rd



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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