



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

-OCTOBER 2026- GRIEF PROGRAM SCHEDULE

1-22

4-Week
Series

Invisible Ink: ONLINE

Express your grief through weekly writing prompts guided by your facilitator.

10-11:30 am

8

Quarterly

Sound Bath

Soundwaves create a meditative experience for participants to help reduce stress and release emotions.

6-7:30 pm

15

Monthly

Drum Circle

Express your emotions and shift your mood through rhythmic drumming.

10-11 am

16

Monthly

Grief Hikes: Auburn, IN

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

10-11:30 am

21

Monthly

MELT Method

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

5:30-6:30 pm

28

Monthly

Yoga for Respite & Restoration

Gentle, mindful movement paired with supported resting postures.

10-10:50 am

29

Quarterly

Embodied Dance Movement

Express and shift your mood through guided dance movement. This is an open form of movement, without formal structure.

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
ONLINE
4- Week Series**

Invisible Ink

with Kathy Curtis

Thursdays: October 1-22, 2026

10-11:30 AM

Complete the required registration by September 25th



Invisible Ink is a 4-week writing program for anyone needing help with expressing and processing their grief to find greater healing. Writing prompts are provided each week, in which participants write about specific feelings through letters to their loved one.

***For continued participation, attendance
the first week is required.***

**Peggy F. Murphy Community Grief Center
5920 Homestead Rd., Fort Wayne, IN 46814**



THE PEGGY F. MURPHY
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Quarterly Grief Program

Sound Bath

with Adriana Nash

Thursday, October 8, 2026

6:00-7:30 PM

To create a safe and secure environment, attendance is limited to those pre-registered by October 2nd.



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.

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

5920 Homestead Road, Fort Wayne, IN 46814

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



THE PEGGY F. MURPHY
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Monthly Grief Program

Drum Circle

with Laura Hillyard

Thursday, October 15, 2026

10:00-11:00 AM

To create a safe and secure environment, attendance is limited to those pre-registered by October 12th



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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THE PEGGY F. MURPHY
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ACRES
LANDTRUST

Grief Hikes

in collaboration with ACRES

Friday, October 16, 2026

Greenhurst Commons: Auburn, IN

10-11:30 AM

RSVP required by October 12th

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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Monthly Grief Program

MELT Method

with Laura Hillyard

Wednesday, October 21, 2026

5:30–6:30 PM

Registration is required by October 19th



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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Grief Support Program: Special Event



HONEY PLANT

Grief Garden

SPECIAL EVENT IN COLLABORATION WITH HONEY PLANT

October 25, 2026 | 10-11:30 AM

Cost: \$10

-BRING YOUR OWN GLASS-



Registration required by Monday, October 19th

Join us at Honey Plant to cultivate your own grief garden and tend to your grief. You will learn about caring for houseplants while curating your own griefscape in a glass container. Participants are encouraged to bring their own glass container to personalize their experience along with tokens or figures that represent their loved one(s) to create your griefscape.

The \$10 fee covers your plant, soil, and instruction.

This event will be held at Honey Plant

1436 N. Wells Street

Fort Wayne, IN 46808



THE PEGGY F. MURPHY
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Monthly Grief Program

Yoga for Respite & Restoration

with Vicki Eber, TCTSY-F

Wednesday, October 28, 2026

10:00-10:50 AM

To create a safe and secure environment, attendance is limited to those pre-registered by October 26th



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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Quarterly Grief Program

Embodied Dance Movement

with Julia Hyndman-Helmkamp of
Tulip Tree Healing Arts Collective

Thursday, October 29, 2026

6:00-7:00 PM

**To create a safe and secure environment, attendance
is limited to those pre-registered by October 23rd**



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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