



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

-NOVEMBER 2026- GRIEF PROGRAM SCHEDULE

2

Quarterly

Book Club: Bittersweet

5-7 pm

Join in discussion of the book *Bittersweet* by Susan Cain.
Reading the book in advance is strongly encouraged.

3-24

4-Week
Series

Healing Haiku: ONLINE

10-11:30 am

Express feelings and find ways to make sense of
loss through the short and simple format of Haiku.

4

Quarterly

Clay Expression

10am-1 pm

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

7

Special
Event

Griefsgiving

10:30 am - 2 pm

Half-day retreat to help navigate the holidays in
the coming months.

11 & 25

Monthly

Yoga for Respite & Restoration

10-10:50 am

Gentle, mindful movement paired with
supported resting postures.

18

Monthly

MELT Method

5:30-6:30 pm

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

19

Monthly

Drum Circle

10-11 am

Express your emotions and shift your mood through
rhythmic drumming.

20

Monthly

Grief Hikes: Huntington, IN

10-11:30 am

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



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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Book Club

November 2, 2026 | 5-7 PM

Registration required by October 28th

October's Book Club selection covers the feeling of longing, sorrow, and the acute awareness of passing time while finding joy in the beauty of life. Copies of this book/audiobook are available at your local bookstore or through Allen County Public Library.



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THE PEGGY F. MURPHY
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**Grief Support
ONLINE
4- Week Series**

Healing Haiku

with Kathy Curtis

Tuesdays: November 3-24, 2026

10-11:30 AM

Registration required by October 28th



This 4-week program is designed to help you process the loss of a loved one. Expressing feelings of love in this way lifts your spirits even as you grieve, helping you stay more emotionally balanced.

No previous writing experience needed.

For continued participation, attendance the first week is required.

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THE PEGGY F. MURPHY
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Quarterly Grief Program

Clay Expression

with Rebecca Zabel Rader

Wednesday, November 4, 2026

10:00 AM-1:00 PM

Registration required by October 28th



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.

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

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THE PEGGY F. MURPHY
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Grief Support Special Event

Griefsgiving

Saturday, November 7th

10:30 AM-2:00 PM

Registration required by Friday, October 30th



The holidays can be difficult to navigate after a loved one dies. Learn tools to cope with stress and grief to create a sense of calm amid the hustle of all the upcoming holidays.

A LIGHT LUNCH WILL BE SERVED.

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Monthly Grief Program

Yoga for Respite & Restoration

with Vicki Eber, TCTSY-F

Wednesdays, November 11 & 25, 2026

10:00-10:50 AM

To create a safe and secure environment, attendance is limited to those pre-registered by November 9 & 23.



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, November 18, 2026

5:30–6:30 PM

Registration is required by November 13th



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, November 19, 2026

10:00-11:00 AM

To create a safe and secure environment, attendance is limited to those pre-registered by November 16th



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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