

Spring Activities & Workshops at Horizon Grief Resource Center

Join our experts as they teach you more about these ways to heal from grief and loss. Register for these free workshops by calling (414) 586-8328 at least 24 hours prior to each workshop. Noon presentations will include Lunch.

Reiki & Other Healing Therapies: April 13th 2:00-3:00 pm

Come join Madeline Gianforte, from Core el Centro, for a presentation on using Reiki & other healing therapies to deal with grief & loss.

Healing Loss with Acupuncture: April 13th 4:30-5:30 pm

The ancient healers well knew the connection between life experiences and the impact they can have on health and well-being. This lecture will cover the basic concepts of Traditional Chinese Medicine, and more importantly, how it can be helpful to one who has experienced loss. The instructor, Janet Halonen, is both an acupuncturist and longtime yoga instructor. As such, wisdoms from both healing systems will be explored. The participants will be shown how to administer self-acupressure for “grief relief”, learn about foods that help enhance energy and mood, and how breathing properly can aid in recovery.

Accentuate the Positive: April 26th Noon-1:30 pm

This workshop will help you identify and appreciate positive emotions about your past present and future. Remember your loved one in a positive light and learn to grow in a healthy, positive way.

Collage Art Project: May 3rd Noon-1:00 pm

Create a collage in memory of your loved one. Bring pictures of your loved one to honor their memory. Art supplies provided.

Healing the Mind, Mending the Spirit: June 9th Noon-1:00 pm

Join Barbara Lemke, RN, Certified Clinical Aromatherapy Practitioner for a class on using therapeutic essential oils, engaging the sense of smell as a powerful tool in caring for our mind, body and spirit. Learn how to use therapeutic essential oils to overcome sadness, grief and depression. Essential oils will be used during the class to experience them firsthand.

Stress Reduction: June 10th Noon-1:30 pm

Join Lynn Connolly, Vice President of the Center to Be, for a presentation on stress reduction. Life can be difficult and stressful at times, particularly when one experiences grief and loss. In this program you will learn various healing practices that can help you on your journey through grief. Come and care for yourself.

Healing Through Movement Tai Chi Demo: June 10th 5:00-6:00 pm

Come experience a medley of modified exercises: Tai Chi, Qi Gong and ROM Dance. Medically recommended program taught by Claire Walchli, TF, CI 3rd Level Advanced Certified Instructor

Horizon Grief Resource Center, 8949 N Deerbrook Trail, Brown Deer WI 53223