Holiday Grief Support Programming

Registration required. To register, please contact Unity Grief and Education Center at 920-339-6700 or griefcenter@unityhospice.org.

HEALING THRU THE ARTS

Held the **2nd Wednesday afternoon** (1:30 – 3:30 PM) or **evening** (6:00 – 8:00 PM) in November and December at Unity Grief and Education Center, this hands-on creative workshop for adults, guides participants to process their grief through art. Prior art experience not required.

GRIEF CONNECT

Held on the **1st and 3rd Thursday** in November and December, this group provides an opportunity for adults to share their grief journey and find hope through connection.

- Held 1:30 – 3:00 PM at Unity Grief and Education Center
- Held 6:00 – 7:30 PM virtually on Zoom

GENERATIONS

Held the **2nd Thursday evening** (5:30 – 7:15 PM) in November and December at Unity Grief and Education Center, this group provides support to families with children and teens ages 4-18. Activities and topics are tailored to children and teens while adults share their own grief experience. Complimentary dinner is provided.

So, let the tears fall when they come. Let the laughter rise when memories bring warmth. Let grief and joy coexist. For they are not opposites. They are just love in different forms.

~ Jameson Arasi

Unity Grief and Education Center offers support to everyone in the community who has experienced a death. Generous donations ensure compassionate support is offered at no charge. For all upcoming grief support programs, visit **unityhospice.org/grief-support**.

HOPE AND THE HOLIDAYS

Held five consecutive Tuesdays at Unity Grief and Education Center. This group for adults covers topics such as grief during the holiday season, holiday traditions, self care and finding hope.

- **Tuesday, November 10 – December 8**, 1:30 – 3 PM OR 6 – 7:30 PM

UNDERSTANDING GRIEF

Held in Marinette and Sturgeon Bay, this group for adults offers a safe place for those who are grieving a death to connect with others as well as gain tools and insights into their grief journey.

- Held in Marinette on the **1st Wednesday** in November and December from 1:00 – 2:30 PM
- Held in Sturgeon Bay on the **3rd Wednesday** in November and December from 1:00 – 2:30 PM

HONOR A LIFE HOLIDAY GATHERING

Held **Wednesday, December 2** at the National Railroad Museum in Green Bay, this gathering includes holiday reflections, music and an opportunity to honor loved ones with family and friends. Doors open at 5 PM to view the Festival of Trees and program beginning at 6 PM.

Unity Grief and Education Center

Grief Center Phone Number (920) 339-6700
unityhospice.org/grief-support

A caring nonprofit partnership of Emplify Health by Bellin, HSHS St. Mary's Hospital Medical Center and HSHS St. Vincent Hospital