

Holiday Grief Support Programming

Registration is required. To register, please contact Unity Grief and Education Center in De Pere 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 and incorporate memories. Prior art experience not required.

GRIEF CONNECT

Held the **1st and 3rd Thursday afternoon** (1:30 - 3:00 PM) in November and December at Unity Grief and Education Center, this group provides the opportunity for adults to share their grief journey and find hope through connection.

VIRTUAL GRIEF CONNECT

Held the **1st and 3rd Thursday evening** (6:00 - 7:30 PM) in November and December on Zoom, this group provides the opportunity for adults to share their grief journey and find hope through connection.

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.

Unity Grief and Education Center in De Pere 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 OR virtually, this group for adults covers topics such as grief during the holiday season, holiday traditions, selfcare and finding hope.

- **Tuesday, November 12 - December 10**, 1:30 - 3 PM OR 6 - 7:30 PM

HOLIDAY WORKSHOPS

Held throughout Unity's service area, this interactive workshop provides the opportunity to connect with others who are grieving and learn about planning and coping with grief during the holidays.

- Marinette, **Wednesday, November 13**, 1 - 3 PM
- Oconto Falls, **Wednesday, November 13**, 1 - 3 PM
- Unity Grief and Education Center, **Monday, December 9**, 1 - 3 PM
- Unity Grief and Education Center, **Monday, December 9**, 5:30 - 7:30 PM

UNDERSTANDING GRIEF

Held the **last Wednesday afternoon** (1:00 - 2:30 PM) in November and December in 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.

HONOR A LIFE HOLIDAY GATHERING

Held **Wednesday, December 4** 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 6 PM to view the Festival of Trees with the program beginning at 7 PM.



Grief and
Education Center

A community where no one grieves alone.

A caring nonprofit partnership of Bellin Health, St. Mary's and St. Vincent Hospital