

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 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 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.

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, self-care and finding hope.

- **Tuesday, November 11 – December 9**, 1:30 – 3 PM
OR 6 – 7:30 PM

HOLIDAY WORKSHOP

Held at Unity Grief and Education Center, this workshop provides the opportunity to connect with others who are grieving and learn about planning and coping with grief during the holidays.

- **Monday, December 8**, 1:00 – 3:00 PM
- **Monday, December 8**, 5:30 – 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 3** 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 with the program beginning at 6 PM.

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.



Grief and
Education Center