Helping Grieving Hearts Heal

COMMUNITY OUTREACH EVENTS
September & October 2026

Med-Knit-ations: Knitting Our Hearts Back Together

In Partnership with Centre Region Parks & Recreation
Noon to 1:30 p.m.
Tuesday, September 15: Tom Tudek Memorial Park Pavilion #2
400 Herman Drive, State College
Tuesday, October 13: Millbrook Marsh Nature Center Donald W. Hamer Community Room
548 Puddintown Road, State College

When you're grieving a loss, your heart can feel like it has been torn apart. Here is an opportunity to help knit your heart back together. Knitting can be very meditative, sharing with others is healing, and if you'd like to make hats and sweaters for newborn babies, it is an opportunity for another kind of healing by caring for others. No knitting experience is necessary! You will be responsible for providing knitting needles and yarn and will receive a list of the necessary supplies after registration. Instructors are Eleanor Martin and Jackie Naginey Hook. Please register by visiting www.CRPR.org.

Monday's Moments

In Partnership with Centre Region Parks & Rereation
Noon to 1:30 p.m.
Monday, September 21: Tom Tudek Memorial Park Pavilion #2
400 Herman Drive, State College
Monday, October 19: Millbrook Marsh Nature Center Donald W. Hamer Community Room
548 Puddintown Road, State College

When we bring our grief and mourning to nature, it can help decrease our pain in the moment while also helping us heal in the long run. These special Monday's Moments gatherings provide grief education and support with the added healing benefit of talking about and being with nature. Register by visiting www.CRPR.org.

Death Café Virtual Gathering

Mondays, September 21 and October 19
4:30 to 5:30 p.m.
On Zoom

Please join us at our monthly Death Café where we'll discuss death to help us all make the most of our lives now. Together we'll have a group-directed discussion with no agenda, objectives, or themes. This is a discussion group not a grief support or counseling session. Please email Jackie@JackieHook.com to receive the link.

Stories of Loss

Tuesdays, September 22 and October 13 & 27
4:30 to 6:00 p.m.
YMCA of Centre County State College Branch
677 W. Whitehall Road, State College

When we lose a loved one, having support helps us on our healing journeys. It is powerful to realize you are not alone and to learn how others make it through. In this grief education and support group series, we'll discuss grief and mourning, have opportunities to share our own stories, and be among others who have experienced a loss. Adults of all ages are welcome – intergenerational support is a powerful healer too. Please RSVP by emailing Jackie@JackieHook.com, calling 814-237-2712, or by visiting the Koch Funeral Home Facebook page. Space is limited.

The Alchemy of Equus

Friday, October 9
9:30 AM - 12:30 PM
Buffalo Run Farm
2929 Buffalo Run Road, Bellefonte

Join Erika Isler, certified Equus coach, and Jackie Naginey Hook, spiritual director, celebrant, and end-of-life doula, to more deeply explore your grief and loss through experiential work with horses. Investment of $75 per person. Space is limited. For more information, visit the Koch Funeral Home website, ww.kochfuneralhome.com.

Grief Movement Series

Thursdays, October 15 through November 5
4:30 to 5:45 p.m.
Ayama Psychotherapy LLC
Suite 2
720 Pike Street, Lemont

Join Joy Sciabica, a Certified Yoga Therapist and Grief Movement Guide, and Jackie Naginey Hook, spiritual director, celebrant, and end-of-life doula for a Grief Movement Series where movement, breath, and sound will help facilitate the releasing of pain and suffering, and the opening to greater love and connection. Each week we will focus on a different emotion of grief - sadness, anger, anxiety, and fear. Investment of $30 per class. Please RSVP by emailing Jackie@JackieHook.com, calling 814-237-2712, or by visiting the Koch Funeral Home Facebook page. Space is limited.

Brown's

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