

Fall 2017 Grief Support Groups Northern Michigan



LIVING-ON

ALPENA

2nd Tuesday of each month, 2 - 3:30 pm
Hospice of Michigan Office
145 N. State Ave.
To register call Stacy Malenfant,
989-358-4295

GAYLORD

1st Tuesday of the month, 6 - 7:30 pm
Hospice of Michigan Office
830 S. Otsego
To register call Rachael Olson: 989.705.2603

GAYLORD

3rd Tuesday of the month, 1 - 2:30 pm
Hospice of Michigan Office
830 S. Otsego
To register call Rachael Olson: 989.705.2603

HILLMAN

4th Tuesday of each month, 1 - 2:30 pm
Pleasant Valley Free Methodist Church
19103 Pleasant Valley Rd
To register call Stacy Malenfant,
989-358-4295

JOURNEY THROUGH GRIEF

HILLMAN

6 consecutive Tuesdays beginning 8/22
11 am - 12:30 pm
Pleasant Valley Free Methodist Church
19103 Pleasant Valley Rd
To register call Stacy Malenfant,
989-358-4295

About Our Grief Support Groups

Hospice of Michigan's grief support groups provide a safe and supportive environment for participants to express their feelings and better understand the grief process. These services are offered at no charge to any member of our community mourning the loss of a loved one. Registration is required for all groups unless indicated otherwise. Below is a brief description of our grief support offerings.

Please note: groups will be cancelled due to inclement weather when public schools and their activities are closed/cancelled within the area where the group is held or when there is a severe weather warning.

JOURNEY THROUGH GRIEF

This program is a series of weekly sessions offering insights and coping skills for an adult's journey through grief. Practical handouts are provided with each session. Advance registration is required.

LIVING ON

These are on-going groups where grief and loss topics are addressed as they arise, depending upon the interests of those attending the group. The focus of these groups is to express feelings and experiences related to the loss in a supportive, caring and non-judgmental environment.

HOPE AFTER LOSS

Ron Gries, author and volunteer, will offer insights and reflections on life after a loss.

ALPENA

Thursday, October 5, 2017, 10 - 11:30 am
Hospice of Michigan Office
145 N. State Ave.
To register call Stacy Malenfant,
989-358-4295

GAYLORD

Wednesday, October 4, 2017, 1 - 2:30 pm
Hospice of Michigan Office
830 S. Otsego
To register call Rachael Olson: 989.705.2603

MEMORIAL SERVICE

ALPENA

Tuesday November 7, 2017, 4 pm
Hospice of Michigan Office
145 N. State Ave.
To register call Stacy Malenfant,
989-358-4295
Please join us for an uplifting memorial service to honor your loved ones who have died. Refreshments and light snacks will be provided.

GAYLORD

Thursday, November 9, 2017, 4 pm
Friendship Church
415 N. Ohio Ave.
To register call Rachael Olson: 989.705.2603
Join us for a lovely evening of remembrance. The service will include readings, music, and reflection. A light dinner will follow the service.

MEMORIAL SERVICES

Hospice of Michigan offers traditional memorial services and events, such as Fly and Remember, to honor and celebrate the lives of those we have lost.

LOSS SPECIFIC PROGRAMS AND GRIEF SEMINARS

These are usually one day grief support programs which focus on a specific loss experience or topic. They provide an opportunity to learn as well as receive supportive guidance.

ART AND GRIEF

GAYLORD

Wednesday, November 15, 2017
10 am - 12 noon
Hospice of Michigan Office
830 S. Otsego
To register call Rachael Olson: 989.705.2603
Join us as we learn how creative expression and art can help in the journey through grief.

LOSS OF A SPOUSE

TRAVERSE CITY

2nd Tuesday of every month
Noon - 1:30 pm
Hospice of Michigan Office
10850 E. Traverse Hwy., Ste. 1155
To register call Kathryn Holl, (231) 929-1557

LOSS OF A PARENT

TRAVERSE CITY

Wednesday, October 18, 2017
6 - 7:30 pm
Hospice of Michigan Office
10850 E. Traverse Hwy., Ste. 1155
To register call Kathryn Holl, (231) 929-1557
Light refreshments and snacks will be provided

HOPE AFTER LOSS

TRAVERSE CITY

Wednesday, November 8, 2017
6 - 7:30 pm
Hospice of Michigan Office
10850 E. Traverse Hwy., Ste. 1155
To register call Kathryn Holl, (231) 929-1557
Light refreshments and snacks will be provided
Discussion based on themes in Option B by Sheryl Sandberg.

MEMORIAL SERVICES

TRAVERSE CITY

1st Wednesday of each month, 11 am
Grand Traverse Pavilions
1000 Pavilions Circle
To register call Kathryn Holl, (231) 929-1557

WRITING THROUGH LOSS

TRAVERSE CITY

Writing as a healing process
6 consecutive Thursdays beginning Sept. 14
10 - 11:30 am
Michael's Place
1212 Veterans Dr.
To register call Kathryn Holl, (231) 929-1557
or email: melissa@michaelsplace.net
Poetry and writing as a means to heal on the journey of grief. Facilitated by Kathryn Holl, MA LPC and Melissa Fournier, MSW
Light refreshments and snacks will be provided.