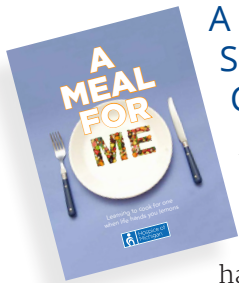


About Our Grief Support Groups

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.



A Meal For Me— Simple Strategies When Cooking for One

A Meal for Me was written to help newly bereaved persons adjust to cooking for one. It is filled with helpful tips and easy recipes that have been compiled through the years by Hospice of Michigan volunteers. Download the book at www.hom.org.

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.

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.

HOPE FOR THE HOLIDAYS

The holidays can be difficult for anyone dealing with grief and loss; this program offers supportive techniques for coping. Free and open to the any adult community member dealing with issues of grief and loss.

Fly and Remember Memorial Services

Fly and Remember brings people together to decorate and fly kites in memory of loved ones. Whether a loss was recent or not, Fly and Remember provides an enjoyable opportunity to remember and celebrate those who live on in our memories.

CADILLAC

Thursday, Sept. 28, 2017, 5 - 6:30 pm
Curry House Assisted Living
5858 S. 47 Rd.
Open to the public
To register call Will Gasper: (231) 444-3350

HART

Wednesday, Sept. 20, 2017, 1:30 - 3:30 pm
Oceana County Medical Care
701 E. Main
To register call Katie Gedraitis (231) 845-3423

FRANKFURT

Saturday, Oct. 18, 2017, 1 - 3 pm
The Maples
210 Maple Ave
To register call Katie Gedraitis (231) 845-3423



Fall 2017 Grief Support Groups West Michigan



LIVING ON

BIG RAPIDS

4th Wednesday of each month
5:30 – 7 pm
Hospice of Michigan Office
400 Perry St.
To register call Katie Gedraitis (231) 527-0913

CADILLAC

2nd Wednesday of each month
1 – 2:30 pm
Hospice of Michigan Office
932 N. Mitchell St.
To register call Will Gasper: (231) 444-3350

CADILLAC

3rd Tuesday of each month
5:30 – 7 pm
Cadillac Office
932 N. Mitchell St.
To register call Will Gasper: (231) 444-3350

FREMONT

2nd Tuesday of each month
1 – 2:30 pm
Hospice of Michigan Office
33 W. Main St.
To register call Katie Gedraitis (231) 527-0913

JOURNEY THROUGH GRIEF

BIG RAPIDS

4 consecutive Thursdays beginning 9/7/17
6 – 7:30 pm
Hospice of Michigan Office
400 Perry St.
To register call Katie Gedraitis (231) 527-0913

WALKING THROUGH GRIEF

BIG RAPIDS

3rd Thursday of month beginning 9/21/17
10:30 – 11:30 am
Hemlock Park (meet at Pavilion)
East end of Hemlock and Warren
To register call Katie Gedraitis (231) 527-0913
Walking Through Grief is a fall group where grief and loss topics are addressed in an informal but supportive manner. Topics will be discussed depending on the interests of those attending the group. The focus of this group is to practice self-care through exercise while experiencing support in a non-judgmental environment.

MENS GRIEF SUPPORT GROUP

CADILLAC

4 consecutive Mondays, Sept.11-Oct 2, 2017
5:30 – 7 pm.
Hospice of Michigan Office
932 N. Mitchell St.
To register call Will Gasper: (231) 444-3350

CROCHETING THROUGH GRIEF

LUDINGTON

1st Monday of the month beginning 10/2/17
6:30 – 8 pm
Hospice of Michigan Office
5177 W. US 10, Ste.B
To register call Katie Gedraitis (231) 845-3423
A unique group where grief and loss topics are addressed in an informal but supportive manner. Topics are discussed depending on interests of those attending the group. The focus of this group is to practice the self-care skills of “creativity” and “giving back.” Participants will learn basic crocheting skills to make blankets to donate to our local hospital to benefit patients. Join us to experience a creative outlet for your grief in a non-judgmental environment.

HOPE FOR THE HOLIDAYS

BALDWIN

Wednesday, November 1, 2017
1 – 2:30 pm
Grand Oaks Nursing Center
600 Denmark St.
To register call Katie Gedraitis (231) 527-0913

JENISON

Tuesday, November 14, 2017
10:30 am – 12 noon
Georgetown Senior Center
7096 8th Ave.
To register call Bonnie Chasseur, 616.340.7363

MCBAIN

Thursday, Nov. 2, 6 – 7 pm
Autumnwood Long Term Care Facility
220 S. Hughston St.
To register call Will Gasper: (231) 444-3350

MUSKEGON

Thursday, November 16, 2017
10:30 am – 12 noon
Hospice of Michigan
1930 Apple Ave.
To register call Bonnie Chasseur, 616.340.7363

THE TIES THAT BIND - SEMINAR

JENISON

Thursday, September 21, 2017
10:30 am – 12 noon
Georgetown Senior Center
7096 8th Ave.
To register call Bonnie Chasseur, 616.340.7363
This session is designed to aid those who wish to communicate thoughts, memories, instructions, wishes, etc. to loved ones before the end of life. The program also touches on resolution and forgiveness.

LIVING ON

GRAND RAPIDS

1st Thursday of the month
1 – 2:30 pm
Hospice of Michigan Office
989 Spaulding Ave. SE, Ada
To register call Sue Glover: (616) 356-5255

MEN AND GRIEF

GRAND RAPIDS

1st Tuesday of the month, 6:30 – 8 pm
Mercy Health Hauenstein Neuroscience
H1 Community Education Room
220 Cherry St. SE
To register call Sue Glover: (616) 356-5255
A program focused on supporting men adjusting to loss. Helpful insights to assist with moving through the grief process are provided. Discussion led by male staff and/or volunteers.

JOURNEY THROUGH GRIEF

GRANDVILLE

5 consecutive Thursdays
Sept. 21- Oct. 19, 2017, 7 – 8:30pm
St. Pius X Parish
3937 Wilson Ave. SW
To register call Sue Glover: (616) 356-5255

HOPE FOR THE HOLIDAYS

GRAND RAPIDS

Thursday, November 16, 3:30 – 5 pm
St. Paul the Apostle
2750 Burton St SE
To register call Sue Glover: (616) 356-5255

GRAND RAPIDS

Wednesday, Dec 13, 2017, 1 – 2:30 pm
Hospice of Michigan Office
989 Spaulding Ave. SE, Ada
To register call Sue Glover: (616) 356-5255

INTERFAITH MEMORIAL SERVICE: WE REMEMBER

GRAND RAPIDS

Thursday, Sept. 14, 2017, 6 – 8 pm
Dominican Center at Marywood
2025 Fulton St E
To register, call Sue Glover: (616) 356-5255
A community interfaith memorial event sponsored by area hospice providers, the Kaufman Interfaith Institute, and the interfaith community. Attendees will have the opportunity to fly a kite, plant a flower, or take a nature walk.