

Winter 2019 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.

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.

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

Coping with the loss of a loved one can be difficult and overwhelming. This free educational presentation is intended for those who have lost a friend or loved one and have moved through the immediate impact of grief. It will focus on a better understanding of the grief process. Lunch will be provided. Registration Required.

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.

ALPENA / BIG RAPIDS/ CADILLAC/ GAYLORD / LUDINGTON/ TRAVERSE CITY

LIVING ON

ALPENA

2nd Tuesday of each month
2:00 - 3:30 pm
Hospice of Michigan Office
145 N. State Ave, Alpena
To register call Stacy Malenfant, 989-358-4295

BIG RAPIDS

Every 4th Tuesday of the month
3:00 - 4:30 pm
Hospice of Michigan Office
400 Perry Ave., Big Rapids
To register call Katie Gedraitis at 231-527-0913

CADILLAC

2nd Wednesday of each month
1:00 - 2:30 pm
Hospice of Michigan Office
932 N. Mitchell, Cadillac
To register call Will Gasper at 231-444-3350

GAYLORD

3rd Thursday of the Month
1:00 - 2:30 pm
Hospice of Michigan Office
830 S. Otsego, Gaylord
To register call Stacy Malenfant, 989-358-4295

HOPE AFTER LOSS

LUDINGTON

Monday, February 25th
12:00 - 1:00 pm
Hospice of Michigan Office
5177 US-10, Ludington
To register call Katie Gedraitis, 231-845-3423

LIVING ON: LOSS OF A SPOUSE

TRAVERSE CITY

Every 2nd Tuesday of the month
12:00 - 1:30 pm
Hospice of Michigan Office
10850E. Traverse Hwy, Ste.1155, Traverse City
To register call Kathryn Holl at 231-929-1557

CROCHETING THROUGH GRIEF

LUDINGTON

Every 2nd Monday of the month
4:00 - 5:30 pm
Hospice of Michigan Office
5177 US-10, Ste B, Ludington
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. Beginners, novices, and experts are welcome.

GRIEF 101

TRAVERSE CITY

Tuesday, February 19th
2:00 - 3:30 pm
Hospice of Michigan Office
10850 E. Traverse Hwy., Ste. 115
To register call Kathryn Holl, 231-929-1557

This is a one time seminar to learn what to expect when grieving. Handouts will be provided.

LUNCH BUNCH

TRAVERSE CITY

1st Tuesday of every month
11:30 - 1:00 pm
To register call Kathryn Holl, (231) 929-1557

A social group for those who have lost a spouse or partner and are interested in sharing a meal together. If you are interested in meeting and sharing a meal with others widows/ widowers, please contact us for more information. Registration required. Each person is responsible for the cost of their own meal.

VIRTUAL TOUCH PROGRAMS

We know that sometimes a busy schedule, work or travel challenges may make it difficult to attend our live programs. Our Virtual Touch Programs are special webinars that you can be a part of right from your home or office. To register email kmonts@hom.org or call 313-578-6326. A link to join the program will be available in January at www.hom.org/grief-support

The Love is Still There. Still my Valentine.

February 12 at 12:00pm and 7:00pm
For those who have lost a spouse or partner. Facilitated by Jacqueline Morris and Karen Monts.

Men Overcoming Loss

March 19 at 12:00pm and 7:00pm
Open to men who have experienced a loss or for women supporting a man who is grieving. Facilitated by Wilbur Gasper.

Writing Through Loss

April 16 at 12:00pm
Facilitated by Kathryn Holl.