

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.

Wayne County

LIVING ON

WOODHAVEN

1st Wednesday of each month

2:00 – 3:30 pm

Woodhaven Parks and Recreation

23101 Hall Road

To register call Jackie Morris: 313-578-6328

DEARBORN HEIGHTS

3rd Tuesday of each month

1:00 – 2:30 pm

Eton Senior Center

4900 Pardee Ave.

To register call Jackie Morris: 313-578-6328

DETROIT

1st and 3rd Thursday of each month

1:00 – 2:30 pm

Plymouth United Church

600 E. Warren

To register call Jackie Morris: 313-578-6328

DOWNRIVER DINNER GROUP

DOWNRIVER AREA

3rd Thursday of each month

6:00 pm

Location to be determined

To register call Jackie Morris: 313-578-6328

The Downriver Dinner Group is a social group for those who have lost a spouse or partner and would like to share a meal together in the Downriver area. Please contact us for more information.

HEALING HEART LUNCHEON

DEARBORN

Friday, February 22nd

1:00 – 2:30 pm

Hospice of Michigan

3200 Greenfield Rd., Suite 250

To register call Jackie Morris: 313-578-6328

Guest Speaker Ron Gries shares excerpts from his book *From Death to Life*.

Registration is required.

JOURNEY THROUGH GRIEF

DEARBORN

5 consecutive Wednesdays, March 27th – April 25th

6:00 – 7:30 pm

Hospice of Michigan Office

3200 Greenfield Rd., Suite 250

To register call Jackie Morris: 313-578-6328

Please plan to attend all 5 sessions.

GRIEF AND LOSS 101

DEARBORN

Thursday, January 31st

6:00 – 7:30 pm

Hospice of Michigan

3200 Greenfield Rd., Suite 250

To register call Jackie Morris: 313-578-6328

Macomb County

LIVING ON

CLINTON TWP.

1st Thursday of each month

1:30 – 3:00 pm

Hospice of Michigan office

39531 Garfield

To register call Wesley Lawton:

586-263-8514

LIVING ON

BLOOMFIELD HILLS

1st Tuesday of each month

6:00 – 7:30 pm

Hospice of Michigan Office

43097 Woodward Ave. Suite 102

To register call Claudia Been: 248-334-1323

LOSS OF A SPOUSE

SOUTHFIELD

Friday, January 11th

12:00 – 2:00 pm

Hospice of Michigan office

400 Galleria Officentre, #400

To register call Claudia Been: 248-334-1323

Guest speaker Ron Gries will share excerpts from his book *From Death to Life*. Lunch will be provided. *Registration is required.*

GRIEF AND LOSS

ROYAL OAK

1st and 3rd Friday of each month

10:30 – 11:30 am

Royal Oak Senior Center

3500 Marais, Royal Oak

To register call Claudia Been: 248-334-1323

ADULT LOSS OF A PARENT

BLOOMFIELD HILLS

Wednesday, March 13th

6:00 – 7:30 pm

Hospice of Michigan Office

43097 Woodward Ave. Suite 102

To register call Claudia Been: 248-334-1323

This seminar is open to any adult who has experienced the loss of a parent. Discussion and handouts. Registration is required.

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.

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.

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

