

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.

Grand Rapids / Fremont

LIVING ON

FREMONT

Every 2nd Tuesday of the month

1:00 – 2:30 pm

True North Community Services

6308 S. Warner Ave.

To register call Katie Gedraitis at 231-527-

0913

GRAND RAPIDS

1st Thursday of each month

1:00 – 2:30 pm

Hospice of Michigan Office

989 Spaulding SE, Ada

To register call Sue Glover, 616-356-5255

REJOICE & REMEMBER MEMORIAL SERVICE

GRAND RAPIDS

Tuesday, April 23rd

7:00 – 8:00 pm

Frederik Meijer Gardens

1000 East Beltline NE, Grand Rapids

To register call Bonnie Chasseur at

616-340-7363

This uplifting evening of music and remembrance is open to the community. Attendees will have an opportunity to share a reading or memory as part of the program. Feel free to bring an item to display on our memorial table. Gardens, including the Butterfly exhibit, may be toured free of charge after 6pm.

ART FOR THE GRIEVING HEART

GRAND RAPIDS

Thursday, March 14th

2:00 – 4:00 pm

Hospice of Michigan Office

989 Spaulding SE, Ada

To register call Sue Glover, 616-356-5255

Sandra Bovee- Bernard, Hospice of Michigan volunteer, will facilitate the creation of a collage. The collage will be created with magazines and images to express your grief journey. Please bring copies of photos, cards or images that you would like to add to your collage. Supplies will be provided. No previous art experience needed. Free event.

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

