

Spring 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.

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.

VIRTUAL TOUCH

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.

ALPENA / CADILLAC / GAYLORD / HILLMAN / LUDINGTON / TRAVERSE CITY

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

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

GAYLORD

3rd Thursday of each month
1 - 2:30 pm

Hospice of Michigan Office
830 S. Otsego Ave.

To register, call Stacy Malenfant: 989.358.4295

TRAVERSE CITY

2nd Wednesday of each month
1 - 2:30 pm

Hospice of Michigan office
10850 E. Traverse Hwy, Ste 1155

To register, call Kathryn Holl: 231.929.1557

JOURNEY THROUGH GRIEF

HILLMAN

5 consecutive Wednesdays starting May 15
1:30 - 3:00 pm

Pleasant Valley Free Methodist Church
19103 Pleasant Valley Rd.

To register, call Stacy Malenfant:
989.358.4295

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

LOSS OF A SPOUSE

ALPENA

Thursday, May 9
10:30 am - 12:00 pm

Hospice of Michigan Office
145 N. State Ave.

To register, call Stacy Malenfant: 989.358.4295

GAYLORD

Wednesday, May 8
1 - 2:30 pm

Hospice of Michigan Office
830 S. Otsego Ave.

To register, call Stacy Malenfant: 989.358.4295

With a message filled with hope, Ron Gries, author of "Through Death to Life," shares excerpts from his book and discusses his own grief journey. This seminar is intended for those who have lost a spouse or life partner.

WRITING THROUGH LOSS

TRAVERSE CITY

April 4 & May 2
10 - 11:30 am

Michael's Place
1212 Veteran's Drive

To register, call Kathryn Holl: 231.929.1557

Poetry and writing as a means to heal on the journey of grief. This is a dynamic interactive writing group in a safe and supportive atmosphere. Facilitated by Kathryn Holl, MA, LPC and Melissa Fournier, MSW.

Light refreshments and snacks will be provided.

VIRTUAL TOUCH GROUP

Wednesday, May 8, Noon & 7:00 pm

Join via your electronic device

To register, contact Karen Monts at 313-578-6326 or email kmonts@hom.org

LIVING ON: LUNCH GROUP

TRAVERSE CITY

1st Tuesday of every month
11:30 am - 1:00 pm

Locations to be determined

To register, or for more info, contact 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. Join us for this monthly group at a local restaurant. Please contact for more information and to register. Each person is responsible for the cost of their own meal.

CROCHETING THROUGH GRIEF

LUDINGTON

2nd Monday of each month
5:30 - 7:00 pm

Hospice of Michigan
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 focus of this group is to practice the self-care skills of "creativity" and "giving back." Participants learn basic crocheting skills to make blankets to donate to our local hospital. Join us to experience a creative outlet for your grief in a non-judgmental environment. Beginners, novices, and experts are welcome.

Coping with special days after the loss of a parent can be challenging. Please join us with other bereaved as we offer hope and information to cope with the Spring Holiday season.