

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.

WAYNE COUNTY

LIVING-ON

WOODHAVEN

1st Wednesday of each month
2 - 3:30 pm
Woohaven Parks and Recreation
23101 Hall Road
To register, call Jackie Morris: 313.578.6328

DEARBORN HEIGHTS

3rd Tuesday of each month
1 - 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 - 2:30 pm
Plymouth United Church
600 E. Warren Ave.
To register, call Jackie Morris: 313.578.6328

HOPE AFTER LOSS

DETROIT

Tuesday, July 16
6:00 pm
James H. Cole Home for Funerals
16100 Schaefer Hwy.
To register, call Jackie Morris: 313.578.6328
Topic: *Sudden Loss*

GRIEF & LOSS 101

DETROIT

Tuesday, April 9
6:00 pm
James H. Cole Home for Funerals
16100 Schaefer Hwy.
To register, call Jackie Morris: 313.578.6328
Session 2

LOSS OF A PARENT

DETROIT

Tuesday, May 7
6 - 7:30 pm
James H. Cole Home for Funerals
2624 W. Grand Blvd.,
To register, call Jackie Morris: 313.578.6328

LOSS OF A SPOUSE

DETROIT

Tuesday, September 24
6 - 7:30 pm
James H. Cole Home for Funerals
2624 W. Grand Blvd.,
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.

LOSS OF A PARENT

CLINTON TOWNSHIP

Monday, May 6
6 - 7:30 pm
Hospice of Michigan office
39531 Garfield
To register, call Wes Lawton: 586.263.8514
This seminar is open to any adult who has experienced the loss of a parent. Discussion will take place and handouts will be given. Registration is required.

LIVING-ON

CLINTON TOWNSHIP

1st Thursday of each month
1:30 - 3 pm
Hospice of Michigan office
39531 Garfield
To register, call Wes Lawton: 586.263.8514

STERLING HEIGHTS

2nd Wednesday of each month
6 - 7:30 pm
Pine Ridge of Hayes
43707 Hayes Rd
To register, call Wes Lawton: 586.263.8514

JOURNEY THROUGH GRIEF

CLINTON TOWNSHIP

4 consecutive Thursdays -
May 16, 23, 30 & June 6
6 - 7:30 pm
Hospice of Michigan office
39531 Garfield
To register, call Wes Lawton: 586.263.8514
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. Registration is required in advance.

PLEASE SEE OTHER SIDE FOR:

- **Oakland County Groups**
- **Camp Good Grief**
- **Virtual Touch Group**
- **Notes of Hope**

LIVING-ON

BLOOMFIELD HILLS

1st Tuesday of each month
6 - 7:30 pm

Hospice of Michigan office

43097 Woodward Ave., Suite 102

To register, call Claudia Been: 248.334.1323

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

GRIEF 101

BLOOMFIELD HILLS

Wednesday, May 15
6 - 7:30 pm

Hospice of Michigan office

43097 Woodward Ave., Suite 102

To register, call Claudia Been: 248.334.1323

An overview of grief and loss for those who have recently experienced a loss. Registration is required.

LOSS OF A SPOUSE

SOUTHFIELD

Friday, July 26
Noon - 2:00 pm

Hospice of Michigan office

400 Galleria Officentre, Ste. 400

To register, call Claudia Been: 248.334.1323

For those who have experienced the loss of a spouse of partner. Guest speaker Ron Gries will share his journey and autograph his book. A light lunch will be served. Registration is required.

JOURNEY THROUGH GRIEF

BLOOMFIELD HILLS

4 consecutive Mondays - June 3, 10, 17 & 24
10 - 11:30 am

Hospice of Michigan office

43097 Woodward Ave., Suite 102

To register, call Claudia Been: 248.334.1323

Join us for all 4 weeks. Education and discussion for those who have experienced a loss. Handouts will be provided. Registration is required.

Notes of Hope

The journey of grief can be challenging. Often the right words or reflection can help us to make it through the day. Sign up for our short weekly affirmations.

To subscribe, just visit www.hom.org/grief-support and enter your email address.

FRIDAY, AUGUST 9, 2019 • 9 AM - 4 PM



Camp Good Grief is a free day camp for children ages 8-17 who have experienced the death of a loved one.

The day combines fun and adventurous activities with grief education and emotional support facilitated by Hospice of Michigan grief professionals and trained volunteers. For more information, contact Jackie Morris: 313-578-6328 or jmorris@hom.org or hom.org/camp.

YMCA Camp Ohiyesa, 7300 Hickory Ridge Road, Holly, Michigan

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

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.

