

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.

BIG RAPIDS / FREMONT / GRAND RAPIDS / WYOMING

LIVING-ON

FREMONT

2nd Tuesday of each month
1 - 2:30 pm
True North Community Services
6308 S Warner Ave.
To register, call Katie Gedraitis: 231.527.0913

BIG RAPIDS

4th Tuesday of each month
3 - 4:30 pm
Hospice of Michigan Office
400 Perry St.
To register, call Katie Gedraitis: 231.527.0913

GRAND RAPIDS

1st Thursday of each month
1 - 2:30 pm
Hospice of Michigan Office
989 Spaulding SE, Ada
To register, call Sue Glover: 616.356.5255

MEMORIAL SERVICE: A TIME OF REMEMBRANCE

BIG RAPIDS

Monday, May 20
11:30 am - 1:30 pm
Hospice of Michigan
400 Perry Ave.
To register, call Katie Gedraitis: 231.527.0913

This free event, hosted by Hospice of Michigan, welcomes participants to bring an item to display on a memorial table and take part in a candle lighting. Lunch will be provided and there will be time to share happy memories of loved ones.

All are welcome to attend the event regardless of whether their loved one received care from Hospice of Michigan.

MEMORIAL SERVICE: REJOICE & REMEMBER

GRAND RAPIDS

Tuesday, April 23
7:00 - 8:00 pm
Frederik Meijer Gardens and Sculpture Park
1000 E Beltline Ave NE
To register, call Bonnie Chasseur: 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.

MEN OVERCOMING LOSS

GRAND RAPIDS

April 3, 17, May 1, 15
10 - 11:30 am
Hospice of Michigan Office
989 Spaulding SE, Ada
To register, call Will Gasper: 231.444.3350
A four-part series focused on supporting men adjusting to loss. Helpful insights to assist men with moving through the grief process are provided. Discussion led by male expert in men's grief issues, Will Gasper.

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

JOURNEY THROUGH GRIEF

GRANDVILLE

5 consecutive Thursdays: April 25 - May 23
7 - 8:30 pm
St. Pius X Church
3937 Wilson Ave SW
To register, call Sue Glover: 616.356.5255

WYOMING

5 consecutive Tuesdays: April, 2, 9, 16, 23 & 30
7 - 8:30 pm
St. John Vianney Church
4101 Clyde Park SW
To register, call Sue Glover: 616.356.5255

MEN'S GRIEF LUNCH GROUP

GRAND RAPIDS

April 10, May 8 & June 12
1 - 2:30 pm
American Legion 459
658 Michigan St NE
To register, call Sue Glover: 616.356.5255
A lunch group focused on supporting men adjusting to grief and loss. Discussion led by a male volunteer. We ask that each attendee cover the cost of their own meal.

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.