

# Fall 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.*

## 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.

## 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.

## 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.

## 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 / LUDINGTON / TRAVERSE CITY

### MEMORIAL SERVICE — REMEMBERING WITH THANKS

#### ALPENA

Thursday, November 7  
4 pm  
**Hospice of Michigan Office**  
145 N. State Ave.  
To register call Stacy Malenfant: 989-358-4295  
*Please join us for an uplifting memorial service with music and remembrance in honor of our loved ones.*

### GRIEF 101

#### ALPENA

Tuesday, October 22  
6 - 7:30 pm  
**Hospice of Michigan Office**  
145 N. State Ave.  
To register call Stacy Malenfant: 989-358-4295  
*Please join us for a one-time seminar that discusses what to expect while you are grieving. Light snacks and refreshments will be provided.*

### 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

#### GAYLORD

3rd Thursday of the month  
1 - 2:30 pm  
**Hospice of Michigan Office**  
830 S. Otsego  
To register call Kristen Daniels: 989-705-2603

### HOPE FOR THE HOLIDAYS

#### ALPENA

Thursday, November 14  
6 - 7:30 PM  
**Hospice of Michigan Office**  
145 N. State Ave.  
To register call Stacy Malenfant: 989-358-4295

### CROCHETING THROUGH GRIEF

#### LUDINGTON

2nd Monday of each month  
5:30 - 7 pm  
**Hospice of Michigan**  
5177 W. US-10, Suite B  
To register, call Katie Gedraitis, 231-845-3423  
*Grief and loss topics suggested by those in attendance are addressed in an informal, supportive manner. The focus of this group is to practice the self-care skills of creativity and giving back. Participants will learn basic crocheting to make blankets to be donated to a local hospital. Experience a creative outlet for your grief in a non-judgmental environment. Beginners, novices, and experts are welcome.*

### WRITING THROUGH LOSS

#### TRAVERSE CITY

6 consecutive Thursdays beginning Sept. 12  
9 - 10:30 am  
**Michael's Place**  
1212 Veterans Dr.  
To register call Kathryn Holl, (231) 929-1557 or email: melissa@michaelsplace.net  
*Poetry and writing as a means to heal on the journey of grief. Facilitated by Kathryn Holl, MA LPC and Melissa Fournier, MSW. Light refreshments and snacks will be provided.*

### LUNCH BUNCH

#### TRAVERSE CITY

1st Tuesday of every month  
11:30 am - 1 pm  
*Location to be determined*  
To register call 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. Each person is responsible for the cost of his/her meal.*

### LOSS OF A PARTNER/SPOUSE

#### 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

### HOLIDAY CELEBRATION OF LIFE

#### CADILLAC

Date and time to be determined  
**Green Acres of Cadillac**  
235 Pearl St.  
To register call Will Gasper, 231-444-3350 or email [wgasper@hom.org](mailto:wgasper@hom.org).  
*An afternoon session with poetry, readings, and music to celebrate the lives of those we have loved and lost.*

### HEALING IMPROV

#### CADILLAC

September 17, 2019, Noon - 2pm  
*Location to be determined*  
To register call Will Gasper, 231-444-3350 or email [wgasper@hom.org](mailto:wgasper@hom.org).  
*This lunchtime program is open to the first 25 people who RSVP, as space is limited.*

## Virtual Connection — *Grief Support Groups*

We understand that a busy schedule, work or travel challenges may make it difficult to attend our live programs. We are glad to offer our Virtual Touch Programs—webinars you can be a part of from your home or office. To learn how you can join in or to RSVP, call or email Karen Monts at [kmonts@hom.org](mailto:kmonts@hom.org) or 313-578-6326.

### Men Overcoming Loss

This online support group is for men who are dealing with a loss of any kind. It meets on the 3rd Tuesday of the month starting **September 17, 2019, from 6 -7pm**. This group will be co-facilitated by Grief Support Services Managers **Will Gasper and Wes Lawton**. Men's groups will be meeting in Hospice of Michigan's **Big Rapids, Bloomfield Hills, Gaylord and Grand Rapids** offices (locations can be found at [www.hom.org/locations](http://www.hom.org/locations)). Join virtually with men across the state from your home computer, or with other men at one of the above locations.

### Writing Through Loss

On **September 23, 2019 at 6 pm EST**, we welcome Hospice of Michigan Grief Support Services Manager **Kathryn Holl, MA, LPC**. Kathryn has more than 20 years of experience as an educator and counselor, providing support, teaching, and resources to individuals, families and the community. She co-developed the *Writing Through Loss* poetry and writing program for bereaved individuals.

#### IN THIS BRIEF, ONE-HOUR SESSION WE WILL...

- Look at the value of writing in the grieving process
- Begin to put pen to paper through writing exercises.
- Have time for questions and interactions. You will be able to see and talk to the presenter as well as other participants.

To view our grief support seminars and group offerings online, and for the latest updates, please visit [www.hom.org/grief-support](http://www.hom.org/grief-support)



## 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](http://www.hom.org/grief-support) and enter your email address.



*Fly and Remember brings people together to decorate and fly kites in memory of loved ones. Whether a loss was recent or not, Fly and Remember provides an enjoyable opportunity to remember and celebrate those who live on in our memories.*

*This free event will be held in Ludington and McBain and is open to the public. Hospice of Michigan will supply all materials.*

#### LUDINGTON

Monday, September 17  
5:30 - 7 pm  
**Waterfront Park (Bandshell)**  
1122 William St.  
To register call Katie Gedraitis,  
231-845-3423

#### MCBAIN

Thursday, September 12  
3 - 5 pm  
**Autumnwood of McBain**  
220 S Hughston St.  
To register call Will Gasper,  
231-444-3350