

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.

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 AND MACOMB COUNTIES (SEE OAKLAND COUNTY ON NEXT PAGE)

LIVING ON

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

To register call Jackie Morris: 313-578-6328

WOODHAVEN

1st Wednesday of each month

2 - 3:30 pm

Woodhaven Parks and Recreation

23101 Hall Road

To register call Jackie Morris: 313-578-6328

HOPE FOR THE HOLIDAYS

DETROIT

Tuesday, November 19

6 - 7:30 pm

James H. Cole's Home for Funerals

16100 Schaefer Hwy.

To register call Jackie Morris: 313-578-6328

TAYLOR

Wednesday, November 13, 6 - 7:30 pm

New Hope Church

8900 Pardee Ave.

To register call Jackie Morris: 313-578-6328

LOSS OF SPOUSE / PARTNER

DETROIT

Tuesday, September 25

6 - 7:30 pm

James H. Cole's Home for Funerals

2624 W. Grand Blvd, Detroit

To register call Jackie Morris: 313-578-6328

This seminar is open to anyone who has experienced the loss of a spouse or partner. Guest speaker Ron Gries will share his journey, as well as excerpts from his book, which he will be available to autograph.

LOSS OF A CHILD

DEARBORN

5 consecutive Wednesdays: Oct. 9 - Nov. 6

6 - 7:30 pm

Hospice of Michigan Office

3200 Greenfield Rd., #250

To register call Jackie Morris: 313-578-6328

Please plan to attend all five sessions, as they are sequential.

LIVING ON

CLINTON TWP

1st Thursday of each month

1:30 - 3 pm

Hospice of Michigan Office

39531 Garfield Rd.

To register call Wes Lawton, 586-263-8514

STERLING HEIGHTS

2nd Wednesday of every month

6 - 7:30 pm

Pine Ridge of Hayes

43707 Hayes Rd.

To register call Wes Lawton, 586-263-8514

LOSS OF SPOUSE / PARTNER

CLINTON TOWNSHIP

Thursday, Sept. 19

12:30 - 2:30pm*

Hospice of Michigan Office

39531 Garfield Rd.

To register call Wes Lawton, 586-263-8514

This seminar is open to anyone who has experienced the loss of a spouse or partner. Guest speaker Ron Gries will share his journey, as well as excerpts from his book, which he will be available to autograph.

**A light meal will be served at 12:30 pm at the Clinton Twp office, followed by the speaker's presentation at 1 pm. Advance registration required.*

HOPE FOR THE HOLIDAYS

STERLING HEIGHTS

Thursday, November 7

6:30 - 8 pm

Sterling Heights Senior Center

40200 Utica Rd.

To register call Wes Lawton, 586-263-8514

Holidays can be especially difficult for anyone dealing with grief and loss. This program offers supportive techniques for coping with loss during the holidays. Advance registration required.

INTERFAITH MEMORIAL SERVICE

STERLING HEIGHTS

Wednesday, October 16

7 - 8 pm

St. Michael's Catholic Church

40501 Hayes Rd.

To register call Wes Lawton, 586-263-8514

All are welcome to this evening of music, poetry, celebration, and solemn remembrance.

PLEASE SEE NEXT PAGE FOR:

- **Oakland County Groups**
- **Virtual Touch Groups**

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

The 1st and 3rd Friday of each month
10:30 - 11:30 am
Royal Oak Senior Center
3500 Marais
To register call Claudia Been: 248-334-1323
This group is open to anyone who has experienced a loss. Discussion, education and handouts.

COFFEE AND GRIEF

SOUTHFIELD

4 consecutive Wednesdays: Sept. 4, 11, 18, 25
10 - 11 am
Hospice of Michigan office
400 Galleria Officentre
Suite #400
To register call Claudia Been: 248-334-1323
Participants are encouraged to attend all 4 sessions. Coffee and discussion. Please register in advance.

REMEMBERING OUR LOVED ONES

BLOOMFIELD TOWNSHIP

Monday, October 14
7 - 8 pm
Bloomfield Township Public Library
1099 Lone Pine Rd. (at Telegraph Rd.)
To register call Claudia Been: 248-334-1323

Join us for readings, music and a candle lighting ceremony to honor the memory of our loved ones. Registration is required in advance.

COPING WITH THE HOLIDAYS

BLOOMFIELD HILLS

Tuesday December 3
6 - 7:30 pm
Hospice of Michigan office
43097 Woodward Ave. Suite 102
To register call Claudia Been: 248-334-1323

Coping with the holidays after a loss can be very difficult. Join us to hear practical tips for coping with grief surrounding the holiday season.

ROYAL OAK

Friday, December 6
10:30 - 11:30 am
Royal Oak Senior Center
3500 Marais
To register call Claudia Been: 248-334-1323

Coping with the Holidays after a loss can be very difficult. Join us to hear practical tips for coping with grief surrounding the holiday season.

ADULT LOSS OF A PARENT

BLOOMFIELD HILLS

Wednesday, November 13
6 - 7:30 pm
Hospice of Michigan office
43097 Woodward Ave. Suite 102
To register call Claudia Been: 248-334-1323

This seminar is open to any adult who has experienced the loss of a parent. Education, discussion and handouts. Registration is required in advance.

FLY AND REMEMBER

ROYAL OAK

Saturday, September 14
10 - noon
Starr Jaycee Park
1101 W 13 Mile Rd. (East of Crooks Road)
To register call Karen Monts, 313-578-6326

Remember the fond memories you shared with your loved one by personalizing and flying a kite in their honor. Hospice of Michigan will provide all the materials. All who have experienced the loss of a loved one are welcome. Participants are welcome to stay afterwards for food and refreshments, or bring your own picnic basket. Come alone and we will be there with you or bring your entire family.

No charge to attend, but please register.

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 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**.

You can join Wes at the Bloomfield Hills location. Additional groups will be meeting in Hospice of Michigan's **Big Rapids, Gaylord and Grand Rapids** offices. Join virtually with men across the state from your home computer, or with other men at one of the above locations. (Other office locations can be found at www.hom.org/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.

