

# 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.*

## 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.

## 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.

## 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.

## 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.

## BIG RAPIDS / CADILLAC / FREMONT / GRAND RAPIDS / JENISON / LUDINGTON / MUSKEGON / WYOMING

### LIVING ON

#### BIG RAPIDS

4th Tuesday of the Month  
3 - 4:30 pm  
*Hospice of Michigan Office*  
400 Perry St.  
To register call Ken Krause, 231-527-0913

#### 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

#### FREMONT

2nd Tuesday of the month  
1 - 2:30 pm  
*True North Community Services*  
6308 S. Warner Ave.  
To register call Ken Krause, 231-527-0913

#### GRAND RAPIDS

1st Thursday of the month  
1 - 2:30 pm  
*Hospice of Michigan Office*  
989 Spaulding Ave. SE, Ada  
To register call Sue Glover, 616-356-5255

#### MUSKEGON

4th Monday of each month beginning 9/23  
2 - 3:30 pm  
*Hospice of Michigan Office*  
1930 E. Apple Ave.  
To register call Bonnie Chasseur, 616-340-7363

### MEN'S GRIEF LUNCH GROUP

#### GRAND RAPIDS

Sept 11, Oct 9, Nov 13, Dec 11  
1 - 2:30 pm  
*American Legion 459*  
658 Michigan St NE  
To register call Sue Glover, 616-356-5255

### JOURNEY THROUGH GRIEF

#### GRANDVILLE

5 consecutive Thursdays  
September 19-October 17  
6:30 - 8 pm  
*St. Pius X*  
3937 Wilson Ave.  
To register call Sue Glover, 616-356-5255

#### WYOMING

5 consecutive Tuesdays  
October 1-29, 7 - 8:30 pm  
*St. John Vianney Church*  
4101 Clyde Park Ave SW  
To register call Sue Glover, 616-356-5255

### HOLIDAY CELEBRATION OF LIFE

#### CADILLAC

Tuesday, November 5  
3 - 5 pm  
*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.*

### INTERFAITH MEMORIAL SERVICE: WE REMEMBER

#### GRAND RAPIDS

Wednesday, September 11  
6 - 8 pm  
*Dominican Center at Marywood*  
2025 Fulton St E  
To register, call Sue Glover: (616) 356-5255  
*A community interfaith memorial event sponsored by area hospice providers, the Kaufman Interfaith Institute, and the interfaith community. Attendees will have the opportunity to fly a kite, plant a flower, or take a nature walk.*

### 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.*

### HOPE FOR THE HOLIDAYS

#### BIG RAPIDS

Tuesday, November 19  
3 - 4:30 pm  
*Hospice of Michigan Office*  
400 Perry St.  
To register call Ken Krause, 231-527-0913

#### BELDING

Thursday, November 14  
3 - 4:30 pm  
*Verdun Family Funeral Home*  
303 S. Bridge St.  
To register call Sue Glover, 616-356-5255

#### GRAND RAPIDS

Tuesday December 3  
1:30 - 3pm  
*Samaritas - The Terraces Building*  
2000 32nd St SE  
To register call Sue Glover, 616-356-5255

#### JENISON

Tuesday, November 12  
10 - 11:30 am  
*Georgetown Senior Center*  
7096 8th Ave.  
To register call Bonnie Chasseur, 616-340-7363  
*Holidays can be difficult for anyone dealing with grief and loss; this program offers supportive techniques for coping. Join us in decorating an ornament in memory of your loved one.*

*See other side*

## 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.*

## FLY AND REMEMBER

### MCBAIN

Thursday, September 12

3 - 5 pm

**Autumnwood of McBain**

220 S Hughston St.

To register call Will Gasper,  
231-444-3350

*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.*

## 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.

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)

## 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.

