

Support For Your Grief Journey



Providing bereavement support to the communities we support remains a priority as we continue to abide by COVID-19 safety protocols. Hospice of Michigan is pleased to offer several opportunities to join virtual grief support groups to help keep you connected and supported during these uncertain times.

Joining a virtual group is very simple – you can join by phone or by computer. Please feel free to join any of the virtual support group options – you are welcome to join more than one.

We are also glad to offer the return of some face-to-face opportunities*. Safety measures will be in place for all in-person groups if you wish to participate.

Please contact the Grief Support Services Manager leading the group you would like to attend. They will provide you with the information needed to participate.

We recognize that these challenging times can impact our grief and hope you will consider attending.

LIVING ON

The focus of Living On support groups is to express feelings and experiences related to the loss of a loved one in a supportive, caring, and non-judgmental environment. Grief and loss topics are addressed as they arise, depending on the interests of those attending the group.

In-Person Groups

3rd Tuesday of the month | 1pm - 2:30pm
Eton Senior Recreation Center, 4900 Pardee Ave., Dearborn Heights
RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org

2nd Friday of the month | 11:30am - 1pm
Woodhaven Community Center, 23101 Hall Rd., Woodhaven
RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org

3rd Friday of the month | 10:30am - 11:30am
Royal Oak Senior Center, 3500 Marais, Royal Oak
RSVP with Cynthia Palmer • 248-334-1323 • cpalmer@hom.org

In-Person Groups with Virtual Option (Zoom)

1st Tuesday of the month | 6pm - 7pm
Hospice of Michigan, 43097 Woodward Ave, Bloomfield Hills
RSVP with Cynthia Palmer • 248-334-1323 • cpalmer@hom.org

2nd Tuesday of the month | 6:30pm - 7:30pm
Hospice of Michigan, 400 Perry Ave., Big Rapids
RSVP with David Keller • 231-527-0913 • dkeller@hom.org

Virtual Groups (Zoom)

1st and 3rd Thursday of the month | 1:30pm - 3pm
RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org

1st Friday of the month | 10:30am - 11:30am
RSVP with Cynthia Palmer • 248-334-1323 • cpalmer@hom.org

2nd Wednesday of the month | 1pm - 2:30pm
Hospice of Michigan, 932 North Mitchell, Cadillac
RSVP with Will Gasper • 231-444-3350 • wgasper@hom.org



888-247-5701
WWW.HOM.ORG

*Groups are virtual unless otherwise noted.

Living On – Young Adults

An open, ongoing group for people in their 20s and 30s. Facilitated by Arbor Hospice and Hospice of Michigan Grief Counselors.

1st Monday of the month | 6pm - 7:15pm
RSVP with Wes Lawton • 586-263-8514 • wlawton@hom.org

Living On – Young Adults Coffee Hour

For participants of *Living On – Young Adults*, gather virtually with others in their 20s-30s who are also working their way through grief. Casual, open, and supportive. Bringing coffee, tea, breakfast, etc. is encouraged. Registration is required. Facilitated by Arbor Hospice and Hospice of Michigan Grief Counselors.

3rd Saturday of the month | 10am - 11am
RSVP with Wes Lawton • 586-263-8514 • wlawton@hom.org

Living On – Adult Loss of Parent

An open, ongoing, bi-monthly group for people who have lost a parent.

4th Tuesday & 2nd Wednesday of the month | 6:30pm - 7:30pm
RSVP with David Keller • 231-527-0913 • dkeller@hom.org

Living On – Loss of Adult Child

An open, ongoing group for people who have lost an Adult Child.

2nd Thursday of the month | 10:30am - 11:45am
RSVP with David Keller • 231-527-0913 • dkeller@hom.org

Living On – Loss from COVID

A monthly support group for people who have experienced the death of a loved one from COVID. Facilitated by Arbor Hospice and Hospice of Michigan Grief Counselors.

3rd Wednesday of the month | 6pm - 7:15pm
RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org

Living On – Loss of Spouse or Partner

Come and share, or simply listen, as we discuss the various intricacies and many facets of grief after the loss of a spouse/partner.

4th Tuesday of the month | 6pm - 7:15pm
RSVP with Stacy Malenfant • 989-358-4295 • smalenfa@hom.org
or RSVP with Kijrsten Boeve • 231-929-1557 • kboeve@hom.org

MEN OVERCOMING LOSS GROUPS

These online support groups are designed for men who are dealing with the death of a loved one. Join virtually from your computer or mobile device.

Men Overcoming Loss: General (Virtual only)

Designed for men grieving any type of loss.

1st Tuesday of the month | 6pm-7:30pm

RSVP with Will Gasper • 231-444-3350 • wgasper@hom.org

Men Overcoming Loss: Grieving Dads (Virtual & In-Person)

1st Wednesday of the month | 6:30pm-7:30pm

Hospice of Michigan, 400 Perry Ave., Big Rapids

RSVP with David Keller • 231-527-0913 • dkeller@hom.org

Men Overcoming Loss: Partner/Spouse (Virtual & In-Person)

3rd Tuesday of the month | 6:00pm-7:30pm

Hospice of Michigan, 39531 Garfield Rd, Clinton Twp

RSVP with Wes Lawton • 586-263-8514 • wlawton@hom.org

GRIEF AFTER DEMENTIA (Virtual only)

For anyone who has lost someone to Alzheimer's Disease or other type of dementia. In partnership with Alzheimer's Association Michigan Chapter.

2nd Tuesday of the month | 6:30pm - 7:30pm

RSVP with Karen Monts • 313-578-6326 • kmonts@hom.org

SEMINARS AND SPECIAL SERIES

Loss of Spouse/Partner with Ron Gries, Author of "Through Death to Life" (In-Person)

Hear Ron's authentic and hopeful story of living through his wife's illness and death, and of his grieving and healing. Ron will share excerpts of his book, and discuss how writing helped him on his journey. Registration is required.

Tuesday, April 19, 2022 | 1pm - 2:30pm

Eton Senior Recreation Center, 4900 Pardee Ave., Dearborn Heights

RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org

Hope After Loss-Remembering Mothers and Fathers (Virtual only)

Please join us for this special time as we remember our mothers, fathers, or parent figures and discuss suggestions for self-care and strategies for coping through Mother's Day and Father's Day. Registration is required.

Tuesday, May 3, 2022 | 12pm - 1pm

Thursday, May 5, 2022 | 6pm - 7pm

RSVP with Kjirsten Boeve • 231-929-1557 • kboeve@hom.org

Seminar-Grief 101 for Bereaved (Virtual only)

This educational meeting provides important resources and information for those coping with the loss of a loved one. Grief 101 explores what is normal during the grief process, strategies for coping, suggestions for self-care and available community support. Registration is required.

Thursday, May 12, 2022 | 2pm - 3:15pm

RSVP with Stacy Malenfant • 989-358-4295 • smalenfa@hom.org

Series-Journey Through Grief (In-Person)

This series of weekly sessions offers insight and coping skills for adults grieving the death of a loved one. Practical handouts will be provided. Registration is required.

Every Thursday; May 19, 2022 thru June 9, 2022 | 1:30pm - 3:00pm

First Presbyterian Church of Warren, 3000 E 12 Mile Rd, Warren

RSVP with Wes Lawton • 586-263-8514 • wlawton@hom.org

Hope After Loss-It's Okay to Take Care of Me (Virtual only)

Grieving the loss of a loved one can be mentally, emotionally, and physically draining. Join us as we discuss strategies for coping and techniques of self-care. Registration is required.

Thursday, June 16, 2022 | 1:30pm - 3pm

RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org



SAVE THE DATE

Friday, August 5, 2022 | 9am - 4pm

YMCA Camp Ohiyesa, 7300 Hickory Ridge Rd., Holly

We are pleased to announce that we will return to offering Camp Good Grief this summer, a free 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 grief professionals and trained volunteers. Online registration is available at www.hom.org/camp

For more information:

Wes Lawton • 586-263-8514 • wlawton@hom.org | Naomi Avril • 734-794-5177 • navril@arborhospice.org