



Journey Through Grief

WINTER 2024

GRIEF SUPPORT GROUPS AND RESOURCES

NORTHEAST NORTHWEST WEST MICHIGAN

 In-Person Group

 Virtual Group

Hospice of Michigan understands the significance of losing a loved one and the impact it can have on an individual and is pleased to offer – together with our partner Arbor Hospice – a variety of in-person and virtual programming.

Whether participating in a group or seminar, Hospice of Michigan's trained grief counselors provide a safe and supportive environment to express feelings, better understand the grief process, and connect with others.

These services are offered at no charge and are available to any community member mourning the loss of a loved one.


Registration is required to attend all groups. The Grief Journey Manager leading the group or seminar will provide the information needed to participate.


Severe or inclement weather may cause the cancellation of some in-person groups. (i.e.: when area public schools cancel activities.)


Hospice of Michigan abides by all COVID-19 health and safety protocols.


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.

2nd Monday of the month • 6pm - 7:15pm 
Hospice of Michigan office • 989 Spaulding Avenue SE, Ada
RSVP with Ryan Miller • 616-356-5228 • rymiller@hom.org


2nd Monday of the month • 6:30pm - 8pm 
RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org

1st Tuesday of the month • 6pm - 7:30pm 
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

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


Living On - Young Adults


An open, ongoing support group for people in their 20s and 30s who are mourning any loss. Each group will consist of a time of education, sharing and support. This group is facilitated by a Hospice of Michigan Grief Counselor and is largely peer-supported.

1st Monday of the month • 6pm - 7:15pm 
RSVP with Ryan Miller • 616-356-5228 • rymiller@hom.org

Living On - Loss of Spouse/Partner


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

1st & 3rd Tuesday of the month • 6pm - 7:15pm 
RSVP with Stacy Malenfant • 989-358-4295 • smalenfa@hom.org

2nd & 4th Thursday of the month • 2pm - 3:30pm 
RSVP with Kjirsten Boeve • 231-929-1557 • kboeve@hom.org


Living On - Adult Child

An open, ongoing group that meets monthly to discuss grief and loss as it pertains to the death of an adult child.

2nd Thursday of the month • 10:30am - 11:30am 
RSVP with Will Gasper • 231-444-3350 • wgasper@hom.org


Living On - Loss of Parents

An open, ongoing group that meets monthly to discuss grief and loss as it pertains to the death of a parent.

2nd Monday of the month • 6:30pm - 8pm 
RSVP with Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.org

MEN OVERCOMING LOSS


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

3rd Tuesday of the month • 6pm - 7:30pm 
RSVP with Will Gasper • 231-444-3350 •
wgasper@hom.org

GRIEF AFTER DEMENTIA

Losing someone after a dementia-related illness can be a unique grief experience.

This program is presented in partnership with the Alzheimer's Association of Michigan.

2nd Tuesday of the month 
6:30pm - 7:30pm
RSVP with Alexandra Irwin
989-705-2603 • airwin@hom.org

alzheimer's association®
GREATER MICHIGAN CHAPTER




PERINATAL GRIEF SUPPORT

Miscarriage, Stillbirth & Early Infancy Death Grief Support

A support group facilitated by a Gilda's Club social worker that invites sharing and connection for those who are grieving any perinatal death which includes miscarriage, stillbirth, and early infancy death. Partners and spouses are welcome.

This support group meets in person at Gilda's Club Grand Rapids on the 3rd Monday of each month. Free Supper is provided at 5:30 p.m. prior to the group time and supervised playtime is available for youth ages 10 and under.

3rd Mondays of the month • 6pm 
Gilda's Club Grand Rapids
1806 Bridge St. NW, Grand Rapids
More information or to join:
616-453-8300 • info@gildasclubgr.org




Jo Elyn Nyman
Programs for Children
AT HOSPICE OF MICHIGAN & ARBOR HOSPICE




SEMINARS & SPECIAL SERIES

Grief 101


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.


Thursday, January 11, 2024 • 6:30pm - 8pm 
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

Wednesday, March 13, 2024 • 12pm - 1:30pm 
Hospice of Michigan office • 989 Spaulding Avenue SE, Ada
RSVP with Ryan Miller • 616-356-5228 • rymiller@hom.org

Hope After Loss


Coping with the loss of a loved one can be difficult and overwhelming. This educational presentation is intended for those who have lost a friend or loved one and have moved through the immediate impact of grief. It will focus on a better understanding of grief and finding a path toward hope.

Monday, February 5th, 2024 • 6pm - 7:30pm 
Hospice of Michigan office • 5177 US-10 Ste. B, Ludington
RSVP with Alexandra Irwin • 989-705-2603 • airwin@hom.org

Wednesday, April 10th, 2024 • 6pm - 7:30pm 
Hospice of Michigan office • 400 Perry Ave, Big Rapids
RSVP with Alexandra Irwin • 989-705-2603 • airwin@hom.org


Winter Warmth

The cold and gray often makes it difficult to grieve during the winter months. This seminar is designed to help you learn more about the importance of cherishing your memories and will focus on how carrying on your loved one's legacy can help in your healing.

Wednesday, March 6, 2024 • 2pm - 3pm 
RSVP with Margie Martin
734-769-5821 • mmartin@arborhospice.org

THE LUNCH BUNCH

The Lunch Bunch is a meal-centered group for individuals who have lost a spouse or partner and are interested in making new friends and sharing a meal together. Please contact us for details regarding location.

2nd Wednesday of the month 
11am - 12:30pm
Harringtons By The Bay
13890 S. W. Bay Shore Dr., Traverse City
RSVP with Kjirsten Boeve
231-929-1557 • kboeve@hom.org