



# Journey Through Grief

WINTER 2024

GRIEF SUPPORT GROUPS AND RESOURCES

## SOUTHEAST/ METRO DETROIT

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   
6:30pm - 8pm  
RSVP with Margie Martin • 734-769-5821  
[mmartin@arborhospice.org](mailto:mmartin@arborhospice.org)

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

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

2nd & 4th Wednesday of the month   
1:30pm - 2:30pm  
Costick Activities Center  
128600 W Eleven Mile Rd.  
Farmington Hills  
RSVP with Cindy Palmer • 248-334-1323  
[cpalmer@hom.org](mailto:cpalmer@hom.org)

4th Wednesday of the month   
2pm - 3:15pm  
RSVP at 586-263-8514  
[kmonts@hom.org](mailto:kmonts@hom.org)

1st & 3rd Thursday of the month   
1:30pm - 3pm  
RSVP with Jackie Morris • 313-578-6328  
[jmorris@hom.org](mailto:jmorris@hom.org)

1st & 3rd Friday of the month   
10:30am - 11:30am  
Royal Oak Senior Center  
3500 Marais Ave., Royal Oak  
RSVP with Cindy Palmer • 248-334-1323  
[cpalmer@hom.org](mailto:cpalmer@hom.org)

2nd & 4th Friday of the month   
11:30am - 1pm  
Woodhaven Community Center  
23101 Hall Rd., Woodhaven  
RSVP with Jackie Morris • 313-578-6328  
[jmorris@hom.org](mailto:jmorris@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](mailto: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](mailto:smalenfa@hom.org)

2nd & 4th Thursday of the month   
2pm - 3:30pm  
RSVP with Kjirsten Boeve  
231-929-1557 • [kboeve@hom.org](mailto:kboeve@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  
[mmcreeedy@arborhospice.org](mailto:mmcreeedy@arborhospice.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](mailto:wgasper@hom.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](mailto: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.

**alzheimer's association**  
GREATER MICHIGAN CHAPTER

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


## THE SUPPER CLUB

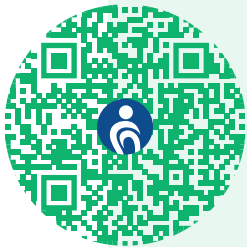
The Supper Club is a meal-centered group for individuals who have lost a spouse or partner and are interested in making new friends and sharing a meal together. Please contact us for details regarding location.

4th Tuesday of the month • 6pm   
Various restaurants in Northern Oakland County  
RSVP with Cindy Palmer  
248-334-1323 • [cpalmer@hom.org](mailto:cpalmer@hom.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   
11:30am - 12:30pm  
Various restaurants in Madison Heights  
RSVP with Cindy Palmer  
248-334-1323 • [cpalmer@hom.org](mailto:cpalmer@hom.org)




There are many therapeutic benefits of music. You will find music for reflection, for remembering, for healing, or just to be uplifted.


Please check out our Spotify playlists at [www.hom.org/spotify](http://www.hom.org/spotify)

## 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](mailto:cpalmer@hom.org)

Friday, January 12, 2024 • 2:30pm - 4pm   
Town Village Sterling Heights • 4500 Dobry Dr., Sterling Heights  
RSVP with Karen Monts • 313-578-6326 • [kmonts@hom.org](mailto:kmonts@hom.org)


### Hope After Loss - Loss of a Child

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

Tuesday, January 23, 2024 • 6pm - 7:30pm   
James H. Cole Home for Funerals • 16100 Schaefer Hwy, Detroit  
RSVP with Jackie Morris • 313-578-6328 • [jmorris@hom.org](mailto:jmorris@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](mailto:mmartin@arborhospice.org)

### Hope After Loss - Loss of a Spouse or Partner

The death of a spouse or partner is a significant loss – one which requires many adjustments as you process the loss and eventually seek a new identity. Taking on new roles, dealing with loneliness, and finding ways through special days are a few of the challenges you will face. In this group, you will meet others who have experienced this type of loss.

Tuesday, March 12, 2024 • 6pm - 7:30pm   
James H. Cole Home for Funerals • 2624 W. Grand Blvd., Detroit  
RSVP with Jackie Morris • 313-578-6328 • [jmorris@hom.org](mailto:jmorris@hom.org)

### A MEAL FOR ME:

#### *Simple Strategies When Cooking for One*

*A Meal for Me* was written to help newly bereaved persons adjust to cooking for one. It is filled with helpful tips and easy recipes that have been compiled through the years by Hospice of Michigan volunteers.

Download the book at [www.hom.org/cookbook](http://www.hom.org/cookbook)

