



Journey Through Grief

SPRING 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 - 7:45pm 

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

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

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

2nd & 4th Wednesday of the month • 1:30pm - 2:30pm 


Costick Activities Center • 28600 W Eleven Mile Rd., Farmington Hills

RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

4th Wednesday of the month • 2pm - 3:15pm 

RSVP with Melissa McCreedy

734-794-5127 • mmccreedy@arborhospice.org

1st & 3rd Thursday of the month • 1:30pm - 3pm 

RSVP with Jackie Morris • 313-578-6328 • 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

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

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




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 Hospice of Michigan and Arbor Hospice Grief Counselors 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 - Loss of Parent

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 - 7:45pm
RSVP with Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.org



Living On - Loss of 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


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  
Hospice of Michigan office
932 N Mitchell St., Cadillac
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 • 231-527-0913 •
airwin@hom.org

 **alzheimer's association**[®]
GREATER MICHIGAN CHAPTER

SEMINARS & SPECIAL SERIES


Journey Through Grief

This weekly support group explores the Six Needs of Mourning by Dr. Alan Wolfelt. • Acknowledge the reality of death • Embrace the pain of loss • Remember the person who died • Develop a new identity • Search for meaning • Receive ongoing support from others. No new members will be admitted to this group after the 2nd week. Registration is required.

Wednesday, April 10, 2024 - Wednesday, May 8, 2024 
6pm - 7:30pm
RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org


Hope After Loss - Loss of a Parent

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 7, 2024 • 6pm - 7:30pm 
James H. Cole Home for Funerals • 16100 Schaefer Hwy, Detroit
RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org

Hope After Loss - Supporting Children & Teens

Children and teens grieve, too! Please join us as we provide parents and guardians education, resources and we discuss strategies to help children and teens cope with their grief.


Tuesday, July 9, 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

Hospice of Michigan offers two social groups 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.

THE SUPPER CLUB

4th Tuesday of the month 
5pm - 6pm
Various restaurants in Northern Oakland County
RSVP with Cindy Palmer
248-334-1323 • cpalmer@hom.org

THE LUNCH BUNCH

2nd Wednesday of the month 
11:30am - 12:30pm
Various restaurants in Madison Heights
RSVP with Cindy Palmer
248-334-1323 • cpalmer@hom.org