

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 - GENERAL LOSS GROUPS


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.


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

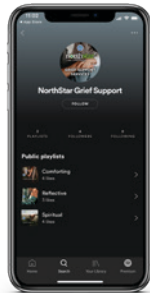
2nd Tuesday of the month 
6pm - 7:15pm
Hospice of Michigan office
989 Spaulding Ave. SE, Ada
RSVP with Ryan Miller
616-356-5228 • rymiller@hom.org

1st Wednesday of the month 
5:30pm - 6:30pm
Hospice of Michigan office
199 Long Rapids Rd., Alpena
RSVP with Stacy Malenfant
989-358-4295 • smalenfa@hom.org

2nd Wednesday of the month 
11am - 12pm
Hospice of Michigan office
830 S. Otsego Ave. Gaylord
RSVP with Tavia Mulholland
989-705-2603 • tmulholland@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

4th Tuesday of the month 
10:30am - 11:30am
RSVP with Meredith Hartmann
734-709-3088
mhartmann@arborhospice.org



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

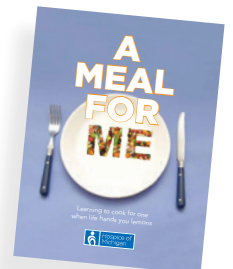
Please check out our Spotify playlists at www.hom.org/spotify



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 - LOSS SPECIFIC GROUPS


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 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


Living On - Sudden/Traumatic Loss


An open, ongoing group for those that have suffered a sudden loss.


1st Tuesday of the month 
5:30pm - 6:45pm
RSVP with Kjirsten Boeve
231-929-1557 • kboeve@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 Thursday of the month • 6pm - 7:15pm 
Hospice of Michigan office
5177 US-10 Ste. B, Ludington
RSVP with Alexandra Irwin
231-527-0913 • airwin@hom.org

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

3rd Thursday of the month • 3pm 
Burkholder Family Funeral Home
211 N. Pine St., McBain
RSVP with Will Gasper
231-444-3350 • wgasper@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




An Affiliate of the
CANCER SUPPORT COMMUNITY

PERINATAL GRIEF SUPPORT

Gilda's Club Perinatal and Early Infant Loss

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



KNITTING/CORCHETING THROUGH GRIEF


"Knit on with confidence and hope through all crises."
- Elizabeth Zimmerman

Come join fellow stitchers at this open, ongoing group for those who have lost a loved one. We will address grief and loss topics as they arise, and craft on with hope. All needlecrafters are welcome.

1st Tuesday of the month • 2pm - 3pm 
Hospice of Michigan office • 5177 US-10 Ste. B, Ludington
RSVP with Alexandra Irwin
989-705-2603 • airwin@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

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


WALKING THROUGH GRIEF

Social support and physical activity are two of the most important components of mental health, especially while grieving. This monthly, socially-focused group gives grieving adults the opportunity to socialize, support one another in grief, while getting fresh air and exercise. All activity levels are welcome. Individuals can walk at their own pace.

4th Wednesday of the month • 11am - 12:30pm 
Otsego county Sportsplex
1250 Gornick Ave. Gaylord
RSVP with Tavia Mulholland
989-705-2603 • tmulholland@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 
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

REJOICE AND REMEMBER: GRAND RAPIDS SPRING MEMORIAL SERVICE

Join us for an evening of remembrance. The memorial service will feature a reading of your loved one's name, reflection readings/poems, and music. Please bring a photo or sentimental item representative of your loved one for display. Enjoy a reception with free dinner and desserts before the program. Children are welcome. Complimentary and handicap accessible parking is available.


Thursday, May 8, 2025 
Cathedral Square Center • 360 Division Ave. S., Grand Rapids

The memorial service will take place from 6:30pm - 7:30pm. Please arrive by 6:00pm to check-in and enjoy a dinner ahead of the program. **Advanced registration required.**

RSVP with Ryan Miller • 616-356-5228 • rymiller@hom.org

REJOICE AND REMEMBER: MUSKEGON SPRING MEMORIAL SERVICE

Join us for an evening of remembrance. The memorial service will feature a reading of your loved one's name, reflection readings/poems, and music. Please bring a photo or sentimental item representative of your loved one for display. Enjoy a reception with free refreshments before the program. Children are welcome. Attendees are encouraged to arrive early for the complimentary and handicap accessible parking. **Advanced registration required.**

Wednesday, May 14, 2025 
Pomona Park • 49 S. Third Ave., Fruitport


The memorial service will take place from 6:00pm - 7:00pm. Please arrive by 5:30pm to check-in and enjoy refreshments ahead of the program.

RSVP with Ryan Miller • 616-356-5228 • rymiller@hom.org

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.

Friday, May 2, 2025 • 6pm - 7pm 
RSVP with Amanda Layne • 586-263-8514 • alayne@hom.org

Coping with Grief Scrapbooking

Please join us for a day filled with remembrance at this special event highlighting the unique aspects of grief and continuing the bond and relationship with your loved one through scrapbooking.

Friday, July 11, 2025 • 1pm - 3pm 
Hospice of Michigan office • 400 Perry Ave, Big Rapids
RSVP with Alexandra Irwin
989-705-2603 • airwin@hom.org