



# Journey Through Grief

SPRING 2025

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 - 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

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 & 4th Wednesday of the month   
1pm - 2:30pm  
Hospice of Michigan office  
37399 Garfield Rd., Clinton Township  
RSVP with Amanda Layne  
586-263-8514 • alayne@hom.org

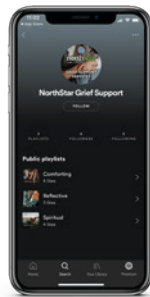
2nd & 4th Wednesday of the month   
1:30pm - 2:30pm  
Costick Activities Center  
28600 W Eleven Mile Rd., Farmington Hills  
RSVP with Cindy Palmer  
248-334-1323 • cpalmer@hom.org

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

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



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

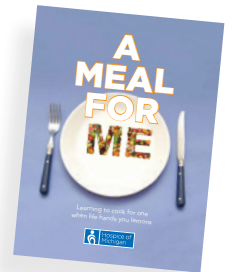
Please check out our Spotify playlists at [www.hom.org/spotify](http://www.hom.org/spotify)



## 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)



## 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

### 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


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## SEMINARS & SPECIAL SERIES

### Remembering Our Parents

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, April 29, 2025 • 6pm - 7:30pm   
The Husband Family Funeral Home • 2401 S. Wayne Rd., Westland


Tuesday, May 6, 2025 • 6pm - 7:30pm   
James H. Cole Home For Funerals • 16100 Schaefer Hwy., Detroit


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

### 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

Friday, June 6, 2025 • 6pm - 7:30pm   
The Husband Family Funeral Home • 2401 S. Wayne Rd., Westland  
RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org

Tuesday, July 15, 2025 • 6pm - 7:30pm   
James H Cole Home for Funerals • 2624 W. Grand Blvd., Detroit  
RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org


### Remembering Our Mothers and Fathers: A Meal Time Gathering

The purpose of this gathering is to provide an opportunity to discuss feelings throughout grief when navigating the unique loss of a parent. Space is limited, so RSVP early. Food will be provided. Let us know if you have specific food allergies.

Saturday, June 7, 2025 • 2pm - 3pm   
Hospice of Michigan office • 37399 Garfield Rd., Clinton Township  
RSVP with Amanda Layne • 586-263-8514 • alayne@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


## 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: GRIEF WALKERS

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. You can walk at your own pace.

2nd Friday of the month (starting May 2025) • 11am - 12:30pm   
Park in Macomb county  
RSVP with Amanda Layne • 586-263-8514 • alayne@hom.org


## DINNER WITH DAUGHTERS

For those who recently experienced the loss of their mothers. Join us as we reflect and learn strategies to cope and journey on well together. Food and refreshments included.


Thursday, May 8, 2025 • 6pm   
Hospice of Michigan office  
400 Galleria Officentre, Ste. 400, Southfield  
RSVP with Karen Monts • 313-443-8712 • kmonts@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 Troy  
RSVP with Cindy Palmer  
248-334-1323 • cpalmer@hom.org

### THE LUNCH BUNCH

2nd Wednesday of the month   
11:30am - 1pm  
Various restaurants in Madison Heights  
RSVP with Cindy Palmer  
248-334-1323 • cpalmer@hom.org