

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.

1st Tuesday of the month • 6pm - 7:30pm 

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

2nd Tuesday of the month • 6pm - 7:15pm 

Hospice of Michigan office • 989 Spaulding Avenue SE, Ada

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

4th Tuesday of the month • 10:30am - 11:30am 

RSVP: Meredith Hartmann • 734-709-3088 • mhartmann@arborhospice.org

1st Wednesday of the month • 5:30pm - 6:30pm 

Hospice of Michigan office • 199 Long Rapids Rd, Alpena

RSVP: Stacy Malenfant • 989-358-4295 • smalenfa@hom.org

2nd Wednesday of the month • 11am - 12pm 

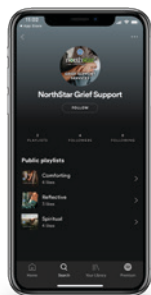
Hospice of Michigan office • 830 S. Otsego Ave., Gaylord

RSVP: Tavia Mulholland • 989-370-3488 • tmulholland@hom.org

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

Hospice of Michigan office • 932 N. Mitchell, Cadillac

RSVP: Will Gasper • 231-444-3350 • wgasper@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

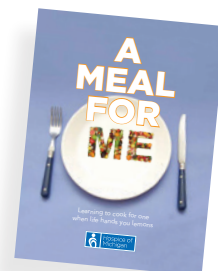


A MEAL FOR ME:

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 group for people in their 20s and 30s. Facilitated by Hospice of Michigan and Arbor Hospice Grief Counselors.

1st Monday of the month • 6pm - 7:15pm 

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

Living On - Loss of a 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 - 8pm 

RSVP: Melissa McCreedy • 734-794-5127 • mmccreedy@arborhospice.org

Living On - Sudden/Traumatic Loss

An open, ongoing group that meets monthly to discuss grief and loss as it pertains to the sudden and traumatic loss of a loved one.

1st Tuesday of the month • 5:30pm - 6:45pm 


RSVP: 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: 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: Alexandra Irwin • 231-527-0913 • airwin@hom.org

2nd & 4th Thursday of the month • 2pm - 3:30pm 

RSVP: Kjirsten Boeve • 231-929-1557 • kboeve@hom.org


3rd Thursday of the month • 3pm - 4pm 

Burkholders Funeral Home • 211 N. Pine St., McBain

RSVP: Will Gasper • 231-444-3350 • wgasper@hom.org

Living On - Loss of an 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: Will Gasper • 231-444-3350 • wgasper@hom.org

MEN OVERCOMING LOSS - PARTNER/SPOUSE

This support group is designed for men who are dealing with the death of a spouse or partner.

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, Cadillac

RSVP: Will Gasper • 231-444-3350 • wgasper@hom.org

SEMINARS & SPECIAL SERIES


Journey Through Widowhood

Join this session for women, where we will discuss coping and taking care of yourself.

Registration is required.

Monday, Sept. 22, 2025 • 6pm - 7:30pm 

RSVP: Melissa McCreedy • 734-794-5127 • mmccreedy@arborhospice.org

Wednesday, Sept. 24, 2025 • 5:30pm - 7pm 

Hospice of Michigan office • 199 Long Rapids Rd, Alpena

RSVP: Stacy Malenfant • 989-358-4295 • smalenfa@hom.org

When a spouse or partner dies, the loss of intimacy can be profound. Join this session for women to learn more about ways to cope with sexual bereavement.

Presentation for women:


Thursday, Nov. 6, 2025 • 12pm - 1pm 

RSVP: Meredith Hartmann • 734-794-5177

mhartmann@arborhospice.org

When a spouse or partner dies, the loss of intimacy can be profound. Join this session for men to learn more about ways to cope with sexual bereavement.

Presentation for men:



Thursday, Nov. 20, 2025 • 12pm - 1pm 


RSVP: Will Gasper • 231-444-3350


wgasper@hom.org


Hope for the Holidays

This program is designed to offer support to those who are grieving the death of a loved one during a season of memories, family, and traditions. Specific strategies for handling special occasions and taking care of yourself during this emotionally laden season will be discussed.

Friday, Sept. 12, 2025 • 12:30pm - 1:30pm 
Friday, Oct. 10, 2025 • 12:30pm - 1:30pm 
Charlevoix County Commission On Aging
13513 Division St., Charlevoix
RSVP: Tavia Mulholland • 989-370-3488 •
tmulholland@hom.org


Wednesday, Nov. 12, 2025 • 11am - 12pm 
Hospice of Michigan office
830 S Otsego Ave., Gaylord
RSVP: Tavia Mulholland • 989-370-3488 •
tmulholland@hom.org

Wednesday, November 19, 2025 • 5:30pm - 7pm 
Hospice of Michigan office
199 Long Rapids Rd., Alpena
RSVP: Stacy Malenfant • 989-358-4295 •
smalenfa@hom.org

Friday, December 12, 2025 • 5:30pm - 7pm 
RSVP: Alexandra Irwin • 231-527-0913
airwin@hom.org

BLESSING TREE- MEMORIAL SERVICE


Please join us for an evening of remembrance at this special event. The memorial service will include a reading of your loved one's name, reflection readings/poems and beautiful music. Each family will receive an ornament to take home with them.

Wednesday, Dec. 10, 2025 • 6pm 
The Phoenix Room, Event Center
411 N 2nd Ave., Alpena
RSVP: Stacy Malenfant • 989-358-4295
smalenfa@hom.org

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: Alexandra Irwin
231-527-0913 • 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: Alexandra Irwin • 231-527-0913
airwin@hom.org

alzheimer's  association®
GREATER MICHIGAN CHAPTER

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: Kjirsten Boeve
231-929-1557 • kboeve@hom.org




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

