

## 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.


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


3rd Tuesday of the month • 1pm - 2:30pm   
Eton Senior Center • 4900 Pardee Rd. Dearborn Heights  
RSVP: Karen Monts • 313-578-6326 • [kmonts@hom.org](mailto:kmonts@hom.org)

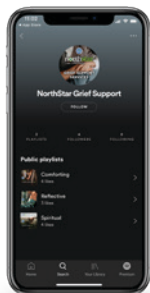
2nd and 4th Wed. of the month • 1:30pm - 2:30pm   
Costick Activities Center  
28600 W Eleven Mile Rd, Farmington Hills  
RSVP: Cindy Palmer • 248-334-1323 • [cpalmer@hom.org](mailto:cpalmer@hom.org)

2nd and 4th Wed. of the month • 1pm - 2:30pm   
Hospice of Michigan office • 37399 Garfield Rd., Clinton Twp  
RSVP: Amanda Layne • 586-263-8514 • [alayne@hom.org](mailto:alayne@hom.org)

1st & 3rd Thursday of the month • 1:30pm - 3pm   
RSVP: Karen Monts • 313-578-6326 • [kmonts@hom.org](mailto:kmonts@hom.org)

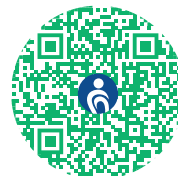
1st & 3rd Friday of the month • 10:30am - 11:30am   
Royal Oak Senior Center • 3500 Marais Ave., Royal Oak  
RSVP: Cindy Palmer • 248-334-1323 • [cpalmer@hom.org](mailto:cpalmer@hom.org)

2nd & 4th Friday of the month • 11:30am - 1pm   
Woodhaven Community Center  
23101 Hall Road, Woodhaven  
RSVP: Karen Monts • 313-578-6326 • [kmonts@hom.org](mailto:kmonts@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)**




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

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

3rd Tuesday of the month • 6pm - 7:30pm    
Hospice of Michigan office  
932 N Mitchell St., Cadillac  
RSVP: Will Gasper • 231-444-3350  
wgasper@hom.org

### MEMORIAL SERVICE: MACOMB

Yearly Memorial Service to honor patients of Hospice of Michigan who have passed away in the last year. Safe space for families to gather, share stories, and memorialize their loved one. Must RSVP.

Thursday, Oct. 16, 2025 • 5:30pm - 7:30pm   
St. Michael Catholic Church  
40501 Hayes Rd., Sterling Heights  
RSVP: 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: Alexandra Irwin • 231-527-0913  
airwin@hom.org

alzheimer's  association®


GREATER MICHIGAN CHAPTER

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 - 6:30pm   
Restaurant in Troy  
RSVP with Cindy Palmer  
248-334-1323 • cpalmer@hom.org

### THE LUNCH BUNCH

2nd Wednesday of the month • 11:30am - 12:30pm   
Restaurant in Madison Heights  
RSVP with Cindy Palmer  
248-334-1323 • cpalmer@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. You can walk at your own pace.

2nd Friday of the month • 11am - 12:30pm   
Park in Macomb County as weather permits  
RSVP: Amanda Layne • 586-263-8514  
alayne@hom.org

### FLY AND REMEMBER


Remember the fond memories you shared with your loved one by personalizing and flying a kite in their honor. All families who have experienced the loss of a loved one are welcome. We will have live music performed by Al Bettis and a short program. Kite and all materials will be provided at no cost. Some of our furry pet volunteer dogs will be on hand, so come out and meet them. Feel free to bring your own picnic basket. We will provide hot dogs and light snacks.

Saturday, September 13th, 2025 • 10am - Noon   
Starr Jaycee Park  
1321 W. 13 Mile Rd., Royal Oak  
RSVP: Cindy Palmer • 248-334-1323 • cpalmer@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.

Mon., Sept. 22, 2025   
6pm - 7:30pm  
RSVP: Melissa McCreedy  
734-794-5127  
mmccreedy@arborhospice.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 After Loss: Loss of a Child

Tuesday, Sept. 23, 2025   
6pm - 7:30pm  
James H Cole Home for Funerals  
16100 Schaefer Hwy., Detroit  
RSVP: Karen Monts  
313-578-6326 • kmonts@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, Sept. 26, 2025 • 1pm - 3pm   
Hospice of Michigan office  
37399 Garfield Rd., Clinton Twp  
RSVP: Amanda Layne  
586-263-8514 • alayne@hom.org


### Hope After Loss: Loss of Spouse

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, Oct. 7, 2025 • 6pm - 7:30pm   
Husband Family Funeral Home  
2401 S. Wayne Rd., Westland  
RSVP: Karen Monts  
313-578-6326 • kmonts@hom.org


### Journey Through Widowhood - Love Yourself


Join us for the next Journey Through Widowhood program. We will discuss self-care, coping, and enjoy a delicious supper.


Wednesday, Oct. 15, 2025 • 6pm - 7:30pm   
Woodhaven Community Center  
23101 Hall Road, Woodhaven  
RSVP: Cindy Palmer  
248-334-1323 • cpalmer@hom.org


### Hope After Loss: 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, Nov. 21, 2025 • 10:30am - 11:30am   
Royal Oak Senior Center  
3500 Marais Ave., Royal Oak  
RSVP: Cindy Palmer  
248-334-1323 • cpalmer@hom.org

Tuesday, Nov. 11, 2025  6pm - 7:30pm  
James H Cole Home for Funerals  
2624 W. Grand Blvd., Detroit  
RSVP with Karen Monts  
313-578-6326 • kmonts@hom.org

Tuesday, Dec. 9, 2025  6pm - 7:30pm  
Husband Family Funeral Home  
2401 S. Wayne Rd., Westland  
RSVP: Karen Monts  
313-578-6326 • kmonts@hom.org

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

### Hope After Loss

Friday, Dec. 5, 2025 • 6pm - 7pm   
Hospice of Michigan office  
37399 Garfield Rd., Clinton Twp  
RSVP: Amanda Layne  
586-263-8514 • alayne@hom.org