



# Journey Through Grief

WINTER 2026

GRIEF SUPPORT GROUPS AND RESOURCES

## 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

1st & 3rd Thursday of the month • 1:30pm - 3pm   
RSVP: Call Sarah Hoffman at 313-578-6328  
or email Jackie Morris at 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)

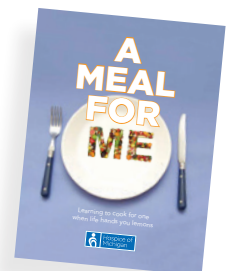


## A MEAL FOR ME:

### 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 - 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

Come and share, or simply listen, as we discuss the various intricacies and many facets of the unique grief after the loss of a parent.

2nd Monday of the month • 6:30pm - 7:45pm   
RSVP: Amanda Layne  
586-263-8514 • alayne@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 - Men Overcoming Loss


For any man who has lost a spouse or partner.


3rd Tuesday of the month • 6pm - 7:30pm   
RSVP: Will Gasper • 231-444-3350  
wgasper@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

## 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.

Thursday, January 15, 2026 • 6pm - 7:30pm   
RSVP: Cindy Palmer • 248-334-1323 • cpalmer@hom.org

### Winter Warmth


The cold and gray often makes it difficult to grieve during the winter months. This seminar is designed to help you learn more about the importance of cherishing your memories and will focus on how carrying on your loved one's legacy can help in your healing.

Monday, January 19, 2026 • 6pm - 7pm   
RSVP: Amanda Layne • 586-263-8514 • alayne@hom.org

## Journey Through Widowhood


Our Journey Through Widowhood programs discuss the challenges of navigating life after loss of a spouse. Practical ideas are shared and connections are formed. Please join us for winter programs.

### Journey Through Widowhood: Navigating Special Days After the Loss of a Spouse/Partner

Thursday, February 5, 2026 • 6pm   
RSVP: Karen Monts • 313-578-6326 • kmonts@hom.org

### Journey Through Widowhood: Choices Matter On Our Grief Journey


Join this virtual session where we will discuss avenues of coping with our grief and the value of self-care. Registration is required.

Wednesday, March 11, 2026 • 6pm - 7:15pm   
RSVP: Melissa McCreedy • 734-794-5127  
mmccreedy@arborhospice.org

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Join us for the next *Journey Through Widowhood* program where we will discuss self care and coping. Lightfood and refreshments provided. Registration is required.

### NORTHWEST MICHIGAN

Tuesday, February 10, 2026 • 1pm - 2:30pm   
Hospice of Michigan office  
10850 E Traverse Hwy #3325, Traverse City  
RSVP: Kjirsten Boeve • 231-929-1557 • kboeve@hom.org

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In Spring 2026 we will present ***Journey Through Widowhood: Financial Concerns and Suggestions.***

And in The Fall of 2026 we will have our **1st Annual Journey Through Widowhood Retreat** in the Washtenaw County area. More information will be forthcoming.




# 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](mailto:info@gildasclubgr.org)




Jo Elyn Nyman  
**Programs for Children**  
AT HOSPICE OF MICHIGAN & ARBOR HOSPICE



## 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](mailto: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](mailto:kboeve@hom.org)