Hospice of Michigan

Journey Through Grief

WINTER 2026

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

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

3rd Tuesday of the month • 1pm - 2:30pm
Eton Senior Center • 4900 Pardee Rd. Dearborn Heights
RSVP: Sarah Hoffman • 313-578-6328 • sarah.hoffman@hom.org

4th Tuesday of the month • 10:30am - 11:30am
RSVP: Meredith Hartmann • 734-794-5177 • mhartmann@arborhospice.org

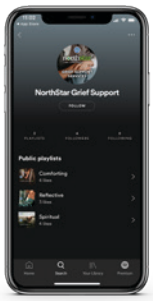
2nd and 4th Wed. of the month • 1:30pm - 2:30pm
Costick Activities Center • 28600 W Eleven Mile Rd, Farmington Hills
RSVP: Cindy Palmer • 248-334-1323 • cpalmer@hom.org

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

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

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

2nd & 4th Friday of the month • 11:30am - 1pm
Woodhaven Community Center • 23101 Hall Road, Woodhaven
RSVP: Sarah Hoffman • 313-578-6328 • sarah.hoffman@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***

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 - 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: 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 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

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

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.

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

MEMORIAL SERVICE: A TIME TO REMEMBER

Please join us to honor the memories of our loved ones with readings, music and create a memory project to take home with you.

Saturday, March 14, 2026 • 11am - 1pm
Hospice of Michigan office
400 Galleria Officentre, Ste. 400, Southfield
RSVP: Cindy Palmer
248-334-1323 • cpalmer@hom.org