

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 - 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 - 7:15pm 
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

2nd Tuesday of the month • 6pm - 7:15pm 
Hospice of Michigan office • 989 Spaulding Ave. SE, Ada
RSVP with Ryan Miller • 616-356-5228 • rymiller@hom.org

1st Wednesday of the month • 5:30pm - 6:30pm 
Hospice of Michigan office • 199 Long Rapids Rd., Alpena
RSVP with 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 with Tavia Mulholland • 989-705-2603
tmulholland@hom.org

2nd Wednesday of the month • 1pm - 2:30pm 
Hospice of Michigan office • 932 N Mitchell St., Cadillac
RSVP with Delynda Moravec • 231-444-3350
delynda.moravec@hom.org



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

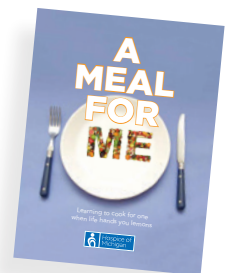
Please check out our
Spotify playlists at
www.hom.org/spotify



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 - 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

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 - 8pm 
RSVP with Amanda Layne
734-794-5127 • alayne@hom.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 - Men Overcoming Loss


For any man who has lost a spouse or partner.


3rd Tuesday of the month • 6pm - 7:30pm 
RSVP at 231-444-3350 • delynda.moravec@hom.org
Facilitated by Wil Gasper, LPC


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

3rd Thursday of the month • 3pm - 4pm 
Burkholder Family Funeral Home
211 N. Pine St., McBain
RSVP at 231-444-3350 or delynda.moravec@hom.org
Facilitated by Wil Gasper, LPC

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 Delynda Moravec • 231-444-3350
delynda.moravec@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.

Wednesday, May 6, 2026 • 1pm - 2:30pm 
Hospice of Michigan office
400 Perry Ave, Big Rapids
RSVP with Alexandra Irwin
231-527-0913 • airwin@hom.org

Wednesday, May 13, 2026 • 5:30pm - 7pm 
Hospice of Michigan office
199 Long Rapids Rd., Alpena
RSVP with Stacy Malenfant
989-358-4295 • smalenfa@hom.org


Journey through Grief Series

This educational series provides important resources and information for those coping with the loss of a loved one, exploring what is normal during the grief process, strategies for coping, and suggestions for self-care. Light refreshments will be available. Please RSVP one week prior the event.

May 6th, 13th, 20th, and 27th • 4:30pm - 6pm 
Hospice of Michigan office
10850 E Traverse Hwy, #3325, Traverse City
RSVP with Kjirsten Boeve
231-929-1557 • kboeve@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

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 Spring programs.

Journey Through Widowhood: Navigating Financial Concerns

Thursday, April 16 • 6pm - 7:30pm 
RSVP: Karen Monts • 313-578-6326 • kmonts@hom.org

Special Guest Speaker, Jeanne Case, Financial Adviser will address common issues, concerns and questions.

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.

Email kmonts@hom.org for more information.



PERINATAL GRIEF SUPPORT

Gilda's Club Perinatal and Early Infant Loss

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



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



PRESENTED BY



A member of NorthStar Care Community

An Opportunity for Fun, Sharing, and Healing

We also have Camp Good Grief offered in Southwest Michigan with our affiliate Centrica Care Navigators.

Visit centricacare.org/camp

PLEASE JOIN US FOR CAMP GOOD GRIEF, a free program designed for children ages 8-17 who have experienced the death of a loved one.

We are excited to offer four Camp Good Grief sessions. Each location offers a variety of camp activities and acres of groomed fields and natural woods for play.

This experience combines art, music and conversation with grief education and emotional support. All activities are facilitated by caring and qualified grief support professionals, music therapists and volunteers. Breakfast, lunch and snacks will be included. **Register early! Space is limited. Scan the QR code below for more information.**

SAVE THE DATE FOR THE 2026 CAMPS!



Register here
or go to
hom.org/camp

YMCA Camp Ohiyesa • Holly, MI
Friday, **July 17, 2026** • 8am-4pm
CONTACT: Cindy Palmer • 248-334-1323
REGISTRATION DEADLINE: **June 26, 2026**

Camp Lake Louise • Boyne Falls, MI
Friday, **August 14, 2026** • 8am-4pm
CONTACT: Tavia Mulholland • 989-705-2603
REGISTRATION DEADLINE: **August 1, 2026**

Camp Newaygo • Newaygo, MI
Tuesday, **August 18, 2026** • 8am-4pm
CONTACT: Alexandra Irwin • 231-527-0913
REGISTRATION DEADLINE: **July 31, 2026**