

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


3rd Tuesday of the month 
1pm - 2:30pm
Eton Senior Recreation Center
4900 Pardee, Dearborn Hts.
RSVP with Sarah Hoffman
313-578-6328
sarah.hoffman@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

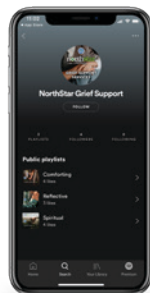
2nd & 4th Wednesday
of the month  • 1pm - 2:30pm
Hospice of Michigan office
37399 Garfield Rd., Clinton Twp.
RSVP with Amanda Layne
586-263-8514 • alayne@hom.org

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

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

1st & 3rd Friday of the month 
10am - 11am
The Helm
158 Ridge Rd, Grosse Pointe Farms
RSVP with Amanda Layne
586-263-8514 • alayne@hom.org

2nd & 4th Friday of the month 
11:30am - 1pm
Woodhaven Community Center
23101 Hall Rd., Woodhaven
RSVP with 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 - 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 & 4th Thursday of the month 
2pm - 3:30pm
RSVP with Kjirsten Boeve
231-929-1557 • kboeve@hom.org

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.

Tuesday, April 7, 2026 • 5:30pm: Social; 6pm - 7:15pm 
James H. Cole Home For Funerals • 16100 Schaffer Hwy
RSVP with Sarah Hoffman • 313-578-6328
sarah.hoffman@hom.org


Understanding Your Grieving Style


To help bereaved recognize their unique grieving style, reduce self-judgement, normalize differences, and strengthen relationships despite differences in grieving styles.

Wednesday, April 15, 2026 • 1pm - 2:30pm 
Hospice of Michigan office
37399 Garfield Rd., Clinton Township, MI
RSVP with Amanda Layne • 586-263-8514 • alayne@hom.org

Hope After Loss


Please join us for this special time as we remember our mothers, fathers, or parent figures, and discuss suggestions for self-care and strategies for coping through Mother's Day and Father's Day. Registration is required.

Thursday, April 30, 2026 • 6pm - 7:15pm 
First United Methodist Church
33112 Grand River Ave., Farmington MI
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

Wednesday, June 17, 2026 • 1pm - 2:30pm 
Hospice of Michigan office
37399 Garfield Rd., Clinton Township, MI
RSVP with Amanda Layne • 586-263-8514 • alayne@hom.org


Remembering Our Parents

Please join us for this special time as we remember our mothers, fathers, or parent figures, and discuss suggestions for self-care and strategies for coping through Mother's Day and Father's Day. Registration is required.

Tuesday, May 5, 2026 • 5:30pm: Social; 6pm - 7:15pm 
James H. Cole Home For Funerals
2624 W Grand Blvd., Detroit
RSVP with Sarah Hoffman • 313-578-6328
sarah.hoffman@hom.org


Dinner with Daughters

For those who recently experienced the loss of their mothers. Join us as we reflect and learn strategies to cope and journey on well together. Food and refreshments included.

Thursday, May 7, 2026 • 6pm - 7:30pm 
Hospice of Michigan office
400 Galleria Officentre, Ste. 400, Southfield
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

Loss of a Spouse or 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.

Tuesday, July 7, 2026 • 5:30pm: Social; 6pm - 7:15pm 
James H. Cole Home For Funerals • 16100 Schaffer Hwy
RSVP with Sarah Hoffman • 313-578-6328
sarah.hoffman@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

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 - 6pm 👤
Various restaurants in Troy
RSVP with Cindy Palmer
248-334-1323 • cpalmer@hom.org

THE LUNCH BUNCH

2nd Wednesday of the month 👤
11:30am - 12:30pm
Various restaurants in Madison Heights
RSVP with Cindy Palmer
248-334-1323 • cpalmer@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 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.



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**