

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.

Who am I now?

The following passage is taken from Janette Hoover Jones' essay on her journey through grief. Although it is specific to grieving the death of a spouse, remember that the grieving dynamic is similar as we work on who we are becoming.

One of the first realizations after our partner dies is that we are now truly alone. Though we may have family, friends and good neighbors around us, we essentially feel alone. We realize that in addition to the tasks that we have always assumed, we must now also assume those our spouse formerly carried. There are so many decisions that need to be made. While still barely understanding that death may be imminent, we may be confronted with questions about donor releases, cremation, burial and funeral arrangements.

After our spouse's death, legal documents, business and personal correspondence must be attended to. Daily, some new responsibility

becomes ours. Sleep seems to be a thing of the past. Doubts about the possibility of ever getting our confusion, our loneliness, our grief and our life under control seem to become constant companions. For some, a wish to join the spouse in death can be frighteningly tempting.

But like it or not, we eventually come to the realization that we must adopt an "I can do it" attitude. We tackle the stacks of paper that need our attention. We learn to ask for help when we don't necessarily want to. We learn that, in many ways, we must become a new person. We learn that even in maturity, we are in the process of becoming. And that as long as we live, we should be a "work in progress."

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 - 7:30pm 

RSVP: Cindy Palmer • 248-334-1323 • cpalmer@hom.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 • 1pm - 2:30pm 

Hospice of Michigan office • 932 N. Mitchell, Cadillac

RSVP: Delynda Moravec • 231-444-3350 • delynda.moravec@hom.org

1st & 3rd Thursday of the month • 1:30pm - 3pm 

RSVP: Sarah Hoffman • 313-578-6328 • sarah.hoffman@hom.org

Facilitated by Jackie Morris, MPM, CT

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: Alexandra Fuchsloch • 231-527-0913
alexandra.fuchsloch@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 - 7:45pm 
RSVP with 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: Dana Horowitz
734-209-8588 • dhorowitz@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: Liz Freedman
616-225-1106 • liz.freedman@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 - 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
Facilitated by Wil Gasper, LPC

Living On - Loss of an Adult Child for Mothers

For mothers who have lost an adult child.

2nd Thursday of the month 
10:30am - 11:30am
RSVP: Delynda Moravec
231-444-3350 • delynda.moravec@hom.org

SEMINARS & SPECIAL SERIES

Poetic Medicine for Healing

Poetic Medicine for Healing is a 6-week support group exploring grief, healing, and self-expression through poetry and reflective writing. No writing experience is needed.

Every Tuesday • Sept. 15 through Oct. 27 
(no meeting on October 6) • 5pm - 6pm
RSVP: Delynda Moravec
231-444-3350 • delynda.moravec@hom.org

Hope for the Holidays

Hope for the Holidays is a one-hour seminar led by a Grief Support Counselor from Hospice of Michigan, compassionate support, coping tools, and a space to acknowledge grief while navigating the holiday season.

Tuesday, Nov. 10, 2026 • 7pm - 8pm 
United Methodist Church of Cadillac • 1020 E Division St, Cadillac
RSVP: Delynda Moravec • 231-444-3350 • delynda.moravec@hom.org

Wednesday, Nov. 11, 2026 • 5:30pm - 7pm 
Hospice of Michigan office • 199 Long Rapids Rd., Alpena
RSVP: Stacy Malenfant • 989-358-4295 • smalenfa@hom.org

Monday, Nov. 23, 2026 • 6pm - 7:15pm 
RSVP with Melissa McCreedy
734-794-5127 • mmcreedy@arborhospice.org

Friday, Nov. 25, 2026 • 1:30pm - 2:30pm 
Hospice of Michigan office • 400 Perry Avenue, Big Rapids
RSVP: Alexandra Fuchsloch
231-527-0913 • alexandra.fuchsloch@hom.org

Creative Support for Grieving Families – Holiday Support Program

Join us as we together create a personalized keepsake calendar in memory/honor of your loved one. Facilitated and led by creative grief expert Rebecca Wu. Various locations; join us at your nearest location.

Thursday, Nov. 19, 2026 
5:30pm - 6pm (Food & Reception)
6pm - 7:30pm (Calendar Making Time)

Arbor Hospice office

2366 Oak Valley Drive, Ann Arbor
RSVP with Melissa McCreedy • 734-794-5127 • mmccreedy@hom.org

Hospice of Michigan offices at:

400 Perry Avenue, Big Rapids
RSVP with Alexandra Fuchsloch
231-527-0913 • alexandra.fuchsloch@hom.org

830 S. Otsego Avenue, Gaylord
RSVP with Tavia Mulholland • 989-705-2603 • tmulholland@hom.org

989 Spaulding, Ada
RSVP with Liz Freedman • 616-450-5927 • liz.freedman@hom.org

400 Galleria, Ste. 400, Southfield
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

Winter Warmth

The cold, gray days of winter can make grief especially difficult. Explore the importance of cherishing memories and how honoring your loved one's legacy can bring comfort and support healing.

Monday, Dec. 7, 2026 • 5:30pm - 6:30pm 
RSVP: Alexandra Fuchsloch
231-527-0913 • alexandra.fuchsloch@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 Fuchsloch
231-527-0913
alexandra.fuchsloch@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 
11:30am - 1:00pm
Harringtons By The Bay
13890 S. W. Bay Shore Dr., Traverse City
RSVP: Delynda Moravec
231-444-3350
delynda.moravec@hom.org

Gilda's Club Perinatal and Early Infant Loss Group

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 Monday of the month 
6:00pm group starts with a free supper served at 5:30pm.

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

JOURNEY THROUGH WIDOWHOOD

Join us for our Journey Through Widowhood (JTW) monthly programs. JTW programs provide support and guidance in navigating the challenges after loss of spouse, and build meaningful connections.

RSVP: jtw@northstarcc.org or 313-578-6326

Parenting or Grandparenting After Loss – Practical Tasks

Explores caregiving after a partner's death, offering practical tools, compassionate support, and guidance for caring for yourself and children through grief.

September 9, 2026 • 6pm - 7:15pm 

Taking Gentle Care

Explores meaningful practices for rest, resilience, and renewal while honoring grief and tending to your own needs.

October 14, 2026 • 6pm - 7:15pm 

Traditions and Rituals – Holidays

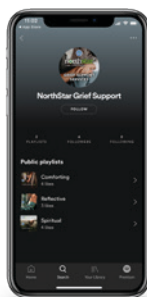
Discuss ways to modify or create rituals that honor our loved ones while attending to personal needs

November 11, 2026 • 6pm - 7:15pm 

Dinner Group

A casual, social space for widowers to share a meal and conversation while connecting and supporting each other through grief.

December 9, 2026 • 6pm - 7:15pm 



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

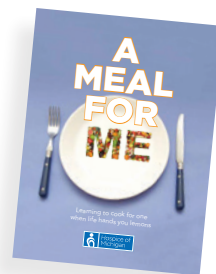
Please check out our
Spotify playlists at
www.hom.org/spotify



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