Hospice of Michigan

Journey Through Grief

WINTER 2027

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 – 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: 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 • Facilitated by Jackie Morris, MPM, CT

Having new and difficult emotions is not unusual during periods of grief. Having them does not mean we are 'crazy.' Here are some feelings commonly experienced by people during the grieving process.

TIME DISTORTION: Time seems to move quickly or slowly; unsure of date or day of week; sense of past/future seems frozen.

SEARCHING FOR MEANING: Trying to make sense of your loss; asking "why" and spiritual questions.

MEMORY EMBRACES: Memories or feelings of grief triggered by a song, smell, person, object, etc.

ANNIVERSARY AND HOLIDAY GRIEF OCCASIONS: Heightened sense of loss on these special dates; plan ahead and seek support.

SUDDEN CHANGES IN MOOD: From surviving fairly well to plunging into deep sadness and despair triggered by anything; be patient and gentle with yourself.

POWERLESS AND HELPLESSNESS: "If onlys" and "what ifs;" feeling out of control.

LIVING ON – LOSS SPECIFIC GROUPS

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: Alexandra Fuchsloch
231-527-0913
alexandra.fuchsloch@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

3rd Thursday of the month
3pm - 4pm
Burkholders Funeral Home
211 N. Pine St. McBain
RSVP: Will Gasper
231-444-3350 • wgasper@hom.org

2nd & 4th Thursday of the month
2pm - 3:30pm
RSVP: Liz Freedman
616-225-1106 • liz.freedman@hom.org

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

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 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

SEMINARS & SPECIAL SERIES

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, December 7, 2027 • 5:30pm - 6:30pm
RSVP: Alexandra Fuchsloch • 231-527-0913
alexandra.fuchsloch@hom.org

Wednesday, Januray 13, 2027 • 5:30pm - 7pm
Hospice of Michigan office • 199 Long Rapids Rd, Alpena
RSVP: Stacy Malenfant • 989-358-4295 • smalenfa@hom.org

Journey Through Widowhood Spring Retreat

Please join us for our first Journey Through Widowhood overnight retreat on the beautiful grounds of The Marriott at Eagle's Crest. There will be sessions, speakers, and activities to assist with navigating grief, loss and forming connections. Meals and materials will be provided. There will be a limited number of rooms available for cost. For registration information: **jtw@nscc.org**

April 25-26, 2027
Eagle Crest Marriot • 1275 S Huron St, Ypsilanti
RSVP: Sarah Hoffman • 313-578-6328 • sarah.hoffman@hom.org

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

Winter Warmth

This program offers an opportunity to reflect and share on the legacy of your loved one and discover ways their love, lessons, and influence continue to live on in your life.

January 13, 2027
6pm - 7:15pm

Choices Matter

This workshop will discuss how small daily choices shape longer-term healing. We will discuss intentional decisions about rest, connection, work, and legacy-building.

March 10, 2027
6pm - 7:15pm

Navigating Special Holidays

This workshop prepares participants for anniversaries, birthdays, and milestone dates that are important to the bereaved. We will talk about coping tools and resources to support you through these times.

February 10, 2027
6pm - 7:15pm

Finance

This workshop offers practical, easy to-understand guidance for navigating finances after loss.

April 14, 2027
6pm - 7:15pm

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

GILDA'S CLUB GRAND RAPIDS
An Affiliate of the CANCER SUPPORT COMMUNITY

Corewell Health Helen DeVos Children's Hospital

ANCHORS | 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

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

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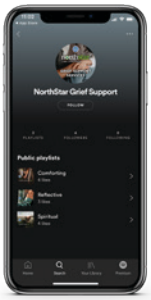
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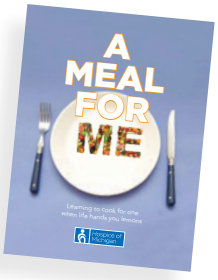


There are many therapeutic benefits of music. You will find music for reflection, for remembering, for healing, or just to be uplifted.

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***