Hospice of Michigan

Journey Through Grief

WINTER 2027

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 – 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

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

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

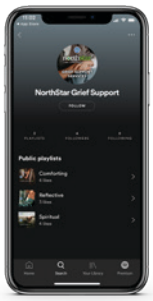
2nd and 4th Wed. of the month • 1:30pm - 2:30pm
Costick Activities Center • 28600 W Eleven Mile Rd., Farmington Hills
RSVP: Cindy Palmer • 248-334-1323 • cpalmer@hom.org

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

1st & 3rd Friday of the month • 10am - 11am
The Helm at the Boll Life Center • 158 Ridge Rd., Grosse Pointe Farms
RSVP: Amanda Layne • 586-263-8514 • alayne@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 – LOSS SPECIFIC GROUPS

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 – 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

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

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

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, 2026 • 5:30pm - 6:30pm
RSVP: Alexandra Fuchsloch
231-527-0913 • alexandra.fuchsloch@hom.org

Artful Grieving

Artful Grieiving offers a gentle space to explore grief through creativity. We will create a commemorative ornament or craft while sharing stories and honoring memories in the holiday season. You are welcome to bring your own special items, supplies will be provided.

Wednesday, December 9, 2026 • 1pm - 2:30pm
Hospice of Michigan office
37399 Garfield Rd., Clinton Twp.
RSVP: Amanda Layne • 586-263-8514 • alayne@hom.org

Journey Through Grief

This special 6 session group will provide education regarding grief and loss for those who have experirnced a death with in the last year. Opportunity for discussion and sharing will be provided.

2nd and 4th Wednesday in February, March and April
1:30pm - 3pm
Farmington Hills Costick Center
28600 Eleven Mile Rd., Farmington Hills
RSVP: Cindy Palmer • 248-334-1323 • cpalmer@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

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.

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

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

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

Finance

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

April 14, 2027
6pm - 7:15pm

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 now offers 3 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 the 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

SUPPER CLUB FARMINGTON HILLS

3nd Tuesday of the month • 5pm - 6:30pm
Various Restaurants in the Farmington Hills area
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

YEARLY MEMORIAL

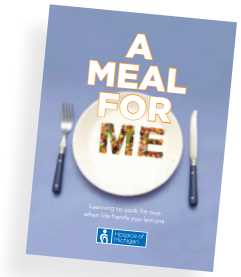
Join us as we come together to honor and remember loved ones who have died. Through reflection and shared rememberance, we gather as a community to celebrate the enduring bonds of love and support one another in grief.

A Time of Remember - Memorial Service

Saturday, March 13, 2027 • 11am - 1pm
Galleria Officentre
400 Galleria Officentre, Southfield
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

Rejoice and Remember - Memorial Service

Wednesday, March 24, 2027 • 6pm
Ford Community & Performing Arts Center
15801 Michigan Ave., Dearborn
RSVP: Sarah Hoffman • 313-578-6328 • sarah.hoffman@hom.org



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. This book was created by our partners at Hospice of Michigan.

Download the book at
HOM.org/CookBook