



Journey Through Grief

SPRING 2024

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


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.

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

2nd Monday of the month • 6:30pm - 7:45pm 
RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org


1st Tuesday of the month • 6pm - 7:30pm 
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

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

4th Wednesday of the month • 2pm - 3:15pm 
RSVP with Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.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 with Ryan Miller • 616-356-5228 • rymiller@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 with Stacy Malenfant • 989-358-4295 • smalenfa@hom.org

2nd & 4th Thursday of the month • 2pm - 3:30pm 
RSVP with Kijrsten Boeve • 231-929-1557 • kboeve@hom.org

3rd Thursday of the month • 3pm 
Burkholder Family Funeral Home • 211 N. Pine St., McBain
RSVP with Will Gasper • 231-444-3350 • wgasper@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 Will Gasper • 231-444-3350 • wgasper@hom.org


Living On - Loss of Parents

An open, ongoing group that meets monthly to discuss grief and loss as it pertains to the death of a parent.

2nd Monday of the month • 6:30pm - 7:45pm 
RSVP with Melissa McCreedy • 734-794-5127 • mmccreedy@arborhospice.org

MEN OVERCOMING LOSS


These support groups are designed for men who are dealing with the death of a loved one. Join in-person or virtually from your computer or mobile device.


3rd Tuesday of the month • 6pm - 7:30pm 
RSVP with Will Gasper • 231-444-3350
wgasper@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. A complimentary light lunch will be provided.

Tuesday, July 9, 2024 • 12pm - 1:30pm 
Hospice of Michigan office
1675 E Mt Garfield Rd. Ste. 175, Muskegon
RSVP with Ryan Miller • 616-356-5228 • rymiller@hom.org

Wednesday, July 10, 2024 • 12pm - 1:30pm 
Hospice of Michigan office
989 Spaulding Ave. SE, Ada
RSVP with Ryan Miller • 616-356-5228 • rymiller@hom.org


Hope After Loss

Coping with the loss of a loved one can be difficult and overwhelming. This educational presentation is intended for those who have lost a friend or loved one and have moved through the immediate impact of grief. It will focus on a better understanding of grief and finding a path toward hope.

Wednesday, April 10th, 2024 • 6pm - 7:30pm 
Hospice of Michigan office • 400 Perry Ave, Big Rapids
RSVP with Alexandra Irwin • 989-705-2603 • airwin@hom.org


Journey Series - Coping with Parent Loss

The purpose of this four-week seminar is to provide an opportunity to discuss feelings throughout grief when navigating the unique loss of a parent. We hope to provide a space where others can share their experiences and support one another. There will be light refreshments offered.

Every Tuesday (April 2 - 23, 2024) • 5:15pm - 6:15pm 
Hospice of Michigan office • 5177 US-10 Ste. B, Ludington
RSVP with Alexandra Irwin • 989-705-2603 • airwin@hom.org


Journey Through Grief

This series offers a safe and non-judgmental place to learn about the six needs of mourning. A Hospice of MI Grief Journey Manager will provide education and facilitate conversations. Refreshments will be served. Registration is required.

Every Wednesday (May 1 - 29, 2024) • 5:30pm - 6:30pm 
Hospice of Michigan office • 199 Long Rapids Rd. Alpena
RSVP with Stacy Malenfant • 989-358-4295
smalenfa@hom.org


EXPRESSING YOUR GRIEF THROUGH ART - MAKING MEMORY ROCKS

Join us in expressing your grief with art by making a personalized memory rock. No special art skills required and all supplies are provided. Refreshments will be served. Registration is required.

Wednesday, September 18, 2024 • 5:30pm - 7pm 
Hospice of Michigan office • 199 Long Rapids Rd. Alpena
RSVP with Stacy Malenfant • 989-358-4295
smalenfa@hom.org

REJOICE AND REMEMBER: SPRING MEMORIAL SERVICE

This special evening of remembrance will include a reading of your loved one's name, reflective readings, beautiful music and a token of remembrance to take home. If you would like your loved one to be a part of the memorial video presentation, please submit a photo to Ryan Miller by May 6. You may also bring a sentimental item representative of your loved one to display throughout the program. All are invited to attend a reception prior to the memorial service that includes hearty hors d'oeuvres and desserts. Children are welcome to attend. Complimentary and handicap accessible parking is available.

Thursday, May 23, 2024 
Cathedral Square Center
360 Division Ave. S., Grand Rapids


The memorial service will take place from 6:30pm - 7:30pm. Arrive any time after 6:00pm to check in and enjoy hors d'oeuvres before the program.

RSVP with Ryan Miller • 616-356-5228
rymiller@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.

alzheimer's  association®
GREATER MICHIGAN CHAPTER

2nd Tuesday of the month 
6:30pm - 7:30pm
RSVP with Alexandra Irwin
231-527-0913 • airwin@hom.org

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



PERINATAL GRIEF SUPPORT Miscarriage, Stillbirth & Early Infancy Death Grief Support

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

