



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
RSVP: Margie Martin • 734-769-5821 • mmartin@arborhospice.org

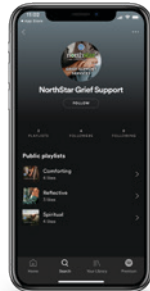
1st Tuesday of the month • 6pm - 7:30pm
RSVP: Cindy Palmer • 248-334-1323 • cpalmer@hom.org

2nd Tuesday of the month • 6pm - 7:15pm
Hospice of Michigan office • 989 Spaulding Avenue SE, Ada
RSVP: Ryan Miller • 616-356-5228 • rymiller@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: Jackie Morris • 313-578-6328 • jmorris@hom.org



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

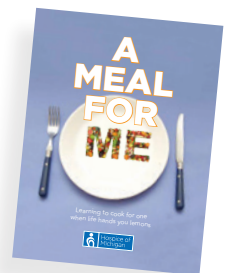
Please check out our Spotify playlists at www.hom.org/spotify



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




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: Ryan Miller • 616-356-5228 • rymiller@hom.org


Living On - Loss of a Parent

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 - 8pm 
RSVP: Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.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: Kjirsten Boeve • 231-929-1557 • kboeve@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 Thursday of the month • 6pm - 7:15pm 
Hospice of Michigan office • 5177 US-10 Ste. B, Ludington
RSVP: Alexandra Irwin • 231-527-0913 • airwin@hom.org

2nd & 4th Thursday of the month • 2pm - 3:30pm 
RSVP: Kjirsten Boeve • 231-929-1557 • kboeve@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 - Coffee and Conversation

An ongoing morning monthly group to check in with others who are grieving and discuss topics of change and loss.

4th Tuesday of the month • 10:30am - 11:30am 
RSVP: Meredith Hartmann • 734-709-3088
mhartmann@arborhospice.org

Living On - Loss of an 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: Will Gasper • 231-444-3350 • wgasper@hom.org

MEN OVERCOMING LOSS

These support groups are designed for men who are dealing with the death of a loved one.


Men Overcoming Loss - Partner/Spouse

This support group is designed for men who are dealing with the death of a spouse or partner. Join in-person or virtually from your computer or mobile device.

3rd Tuesday of the month • 6pm - 7:30pm 
Hospice of Michigan office • 932 N. Mitchell, Cadillac
RSVP: Will Gasper • 231-444-3350 • wgasper@hom.org


JOURNEY THROUGH WIDOWHOOD

When a spouse or partner dies, the loss of intimacy can be profound. Join this special Journey Through Widowhood session to learn more about ways to cope with sexual bereavement.

Monday, October 28, 2024 • Noon - 1pm 
Arbor Hospice office
2366 Oak Valley Dr., Ann Arbor
RSVP: Meredith Hartmann • 734-709-3088
mhartmann@arborhospice.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: Kjirsten Boeve
231-929-1557 • kboeve@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 Irwin 
231-527-0913
airwin@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

