

## 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


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


2nd and 4th Monday of the month • 11:30am - 1pm   
Woodhaven Community Center • 23101 Hall Road, Woodhaven  
RSVP: Jackie Morris • 313-578-6328 • jmorris@hom.org


3rd Tuesday of the month • 1pm - 2:30pm   
Eton Senior Center • 4900 Pardee Rd. Dearborn Heights  
RSVP: Jackie Morris • 313-578-6328 • jmorris@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

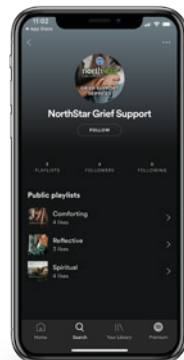
2nd and 4th Wed. of the month (begins Oct. 9) • 1pm - 2:30pm   
Hospice of Michigan office • 37399 Garfield Rd., Clinton Twp  
RSVP: Amanda Layne • 586-263-8514 • alayne@hom.org

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

2nd Wednesday of the month • 1pm - 2:30pm   
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

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




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](http://www.hom.org/spotify)




## 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 - 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 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 - 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

## Living On - Sudden/Traumatic Loss

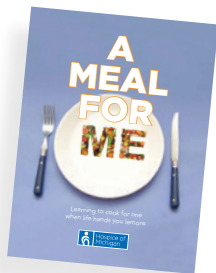
An open, ongoing group that meets monthly to discuss grief and loss as it pertains to the sudden and traumatic loss of a loved one.

1st Tuesday of the month   
5:30pm - 6:45pm  
RSVP: Kjirsten Boeve • 231-929-1557  
kboeve@hom.org

## 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](http://www.hom.org/cookbook)





## SEMINARS & SPECIAL SERIES

### Hope After Loss: Loss of Spouse/Partner

The death of a spouse or partner is a significant loss – one which requires many adjustments as you process the loss and eventually seek a new identity. Taking on new roles, dealing with loneliness, and finding ways through special days are a few of the challenges you will face. In this group, you will meet others who have experienced this type of loss.


Tuesday, Aug 13, 2024 • 6pm - 7:30pm   
Husband Family Funeral Home • 2401 S. Wayne Rd., Westland  
RSVP: Jackie Morris • 313-578-6328 • jmorris@hom.org

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: Kjirsten Boeve • 231-929-1557 • kboeve@hom.org


### Grief 101


Join us for lunch and to discuss coping with grief and loss.

Wednesday, September 25, 2024 • 12:30pm - 2pm   
Hospice of Michigan office • 37399 Garfield Rd., Clinton Twp  
RSVP: Amanda Layne • 586-263-8514 • alayne@hom.org

### Hope After Loss: Disenfranchising Grief - Facing Different Losses


*"Disenfranchised is grief that persons experience when they incur a loss that is not or cannot be openly acknowledged, socially sanctioned or publicly mourned". - Ken Doka*  
Please join us for this education meeting about other losses, for example pet loss, loss of job, co-worker loss, suicide loss etc. We will discuss what is normal during the grief process, strategies for coping, suggestions for self-care and available community support.


Tuesday, September 24, 2024 • 6pm - 7:30pm   
James H. Cole Home for Funerals, 16100 Schaefer Hwy., Detroit  
RSVP: Jackie Morris • 313-578-6328 • jmorris@hom.org


Tuesday, October 8, 2024 • 6pm - 7:30pm   
Husband Family Funeral Home, 2401 S. Wayne Rd., Westland  
RSVP: Jackie Morris • 313-578-6328 • jmorris@hom.org


### Hope After Loss: Hope for the Holidays

This program is designed to offer support to those who are grieving the death of a loved one during a season of memories, family, and traditions. Specific strategies for handling special occasions and taking care of yourself during this emotionally laden season will be discussed.

Tuesday, November 12, 2024 • 6pm - 7:30pm   
James H. Cole Home for Funerals • 2624 W. Grand Blvd. Detroit  
RSVP: Jackie Morris • 313-578-6328 • jmorris@hom.org

Wednesday, November 13 • 5:30 - 7pm   
RSVP: Alexandra Irwin • 231-527-0913 • airwin@hom.org

Tuesday, December 10, 2024 • 6pm - 7:30pm   
Husband Family Funeral Home • 2401 S. Wayne Rd., Westland  
RSVP: Jackie Morris • 313-578-6328 • jmorris@hom.org



Wednesday; December 4, 2024 • 6 - 7:15pm   
RSVP: Meredith Hartmann • 734-709-3088  
mhartmann@arborhospice.org

## MEN OVERCOMING LOSS

This support group is designed for men who are dealing with the death of a spouse or partner. Join virtually from your computer or mobile device. The in-person component of the program will take place in Hospice of Michigan's Cadillac office.

### Men Overcoming Loss - General Loss


A support group for any man who has lost a parent, grandparent, sibling, cousin or a good friend or neighbor.

3rd Tuesday of the month • 6pm - 7:30pm    
RSVP: Will Gasper • 231-444-3350 • wgasper@hom.org

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## THE SUPPER CLUB

The Supper Club 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.

4th Tuesday of the month • 5pm - 6pm   
Various restaurants in Northern Oakland County  
RSVP: Cindy Palmer • 248-334-1323 • cpalmer@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 • 11:30am - 12:30pm   
Various restaurants in Madison Heights  
RSVP: Cindy Palmer • 248-334-1323 • cpalmer@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

alzheimer's  association®  
GREATER MICHIGAN CHAPTER



## FLY AND REMEMBER

Remember the fond memories you shared with your loved one by personalizing and flying a kite in their honor. All families who have experienced the loss of a loved one are welcome. We will have live music performed by Al Bettis and a short program. Kite and all materials will be provided at no cost. Some of our furry pet volunteer dogs will be on hand, so come out and meet them. Feel free to bring your own picnic basket. We will provide hot dogs and light snacks.

Saturday, September 7th, 2024 • 10am - Noon   
Starr Jaycee Park • 1321 W. 13 Mile Rd., Royal Oak  
RSVP: Cindy Palmer • 248-334-1323 • cpalmer@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