

## 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.


2nd Monday of the month • 11am - 12pm   
Hospice of Michigan office • 830 S. Otsego Ave., Gaylord  
RSVP with Tavia Mulholland • 989-705-2603 • taviamulholland@hom.org

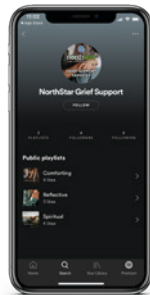
2nd Tuesday of the month • 6pm - 7:15pm   
Hospice of Michigan office • 989 Spaulding Avenue SE, Ada  
RSVP with Ryan Miller • 616-356-5228 • rymiller@hom.org

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

1st Wednesday of the month • 5:30pm - 6:30pm   
Hospice of Michigan office • 199 Long Rapids Rd., Alpena  
RSVP with Stacy Malenfant • 989-358-4295 • smalenfa@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

1st & 3rd Thursday of the month • 1:30pm - 3pm   
RSVP with 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.

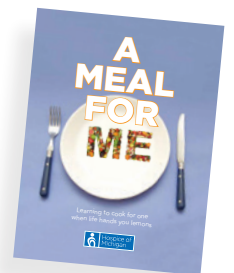
Please check out our Spotify playlists at [www.hom.org/spotify](http://www.hom.org/spotify)



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



## LIVING ON - LOSS SPECIFIC GROUPS


### 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 a Hospice of Michigan and Arbor Hospice Grief Counselor 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 - 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 with 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 with 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 with Alexandra Irwin • 231-527-0913 • airwin@hom.org

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

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

### Living On - Loss of 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

## 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.

Wednesday, January 16, 2025 • 6pm - 7:30pm   
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org


### Journey Through Grief

This weekly support group explores the Six Needs of Mourning by Dr. Alan Wolfelt. • Acknowledge the reality of death • Embrace the pain of loss • Remember the person who died • Develop a new identity • Search for meaning • Receive ongoing support from others. No new members will be admitted to this group after the 2nd week. Registration is required.

Every Wednesday; March 26 - April 30, 2025 • 6pm - 7:30pm   
RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org


## WALKING THROUGH GRIEF

Social support and physical activity are two of the most important components of mental health, especially while grieving. This monthly, socially-focused group gives grieving adults the opportunity to socialize, support one another in grief, while getting fresh air and exercise. All activity levels are welcome. Individuals can walk at their own pace.

4th Monday of the month • 11am - 12:30pm   
Otsego county Sportsplex • 1250 Gornick Ave. Gaylord  
RSVP with Tavia Mulholland  
9897-705-2603 • taviMulholland@hom.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

## 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 with Alexandra Irwin  
231-527-0913 • airwin@hom.org

 **alzheimer's association**  
GREATER MICHIGAN CHAPTER


## WINTER WARMTH: A REFLECTION ON LEGACY

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.

Thursday, Jan. 16, 2025 • 2pm - 3pm   
RSVP with Margie Martin  
734-769-5821 • mmartin@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 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 5:30pm 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

