

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 with Cindy Palmer • 248-334-1323 • cpalmer@hom.org


3rd Tuesday of the month • 1pm - 2:30pm 

Eton Senior Recreation Center • 4900 Pardee Ave., Dearborn Hts.

RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org


4th Tuesday of the month • 10:30am - 11:30am 

RSVP with Meredith Hartmann • 734-709-3088 • mhartmann@arborhospice.org

2nd & 4th Wednesday of the month • 1:30pm - 3pm 

Costick Activities Center • 128600 W Eleven Mile Rd., Farmington Hills

RSVP with Cindy Palmer • 248-334-1323 • cpalmer@hom.org

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

RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org

2nd & 4th Friday of the month • 11:30am - 1pm 

Woodhaven Community Center • 23101 Hall Rd., Woodhaven

RSVP with 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 with 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

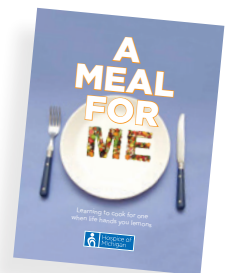


A MEAL FOR ME:

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 - 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 - Loss of 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 with 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 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 & 4th Thursday of the month • 2pm - 3:30pm 
RSVP with Kjirsten Boeve • 231-929-1557 • kboeve@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; 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

Hope After Loss - Loss of a Child


Come and share, or simply listen, as we discuss the various intricacies and many facets of grief after the loss of a child.

Tuesday, January 28, 2025 	Tuesday, February 11, 2025 
6pm - 7:30pm	6pm - 7:30pm
James H. Cole Home for Funerals	Husband Family Funeral Home
16100 Schaffer Hwy., Detroit	2401 S. Wayne Rd., Westland

RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org


Loss of Spouse or Partner Series

A six week group for anyone who has lost a spouse or partner. Please register early; space is limited.

Every Thursday; Jan. 30 through Mar. 6, 2025 • 4pm - 5:15pm 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Meredith Hartmann
734-709-3088 • mhartmann@arborhospice.org


Journey Through Widowhood - Love Yourself


Join us for the next *Journey Through Widowhood* program. We will discuss self care, coping, and enjoy a delicious lunch.

Thursday, February 13, 2025 • 12pm - 1:30pm 
James H. Cole Home for Funerals • 2624 W. Grand Blvd., Detroit
RSVP with Jackie Morris • 313-578-6328 • jmorris@hom.org

Healing Hearts Luncheon


Offering support to those grieving the death of a spouse or partner, we will exchange ideas on how to approach the Valentine's Day Holiday. We will discuss suggestions on coping with the grief of losing your love and life partner. A lunch will be provided.

Monday, February 10, 2025 • 11:30am - 1pm 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Meredith Hartmann
734-709-3088 • mhartmann@arborhospice.org

Friday, February 14, 2025 • 11:30am - 1pm 
Woodhaven Community Center • 23101 Hall Rd, Woodhaven
RSVP with Jackie Morris
313-578-6328 • jmorris@hom.org


Hope After Loss - Loss of a Spouse or Partner

The death of a spouse or partner is a profound loss that involves adjusting to new roles, coping with loneliness, and navigating difficult occasions. This group offers support by connecting you with others who have experienced similar losses, helping you process grief and find a new sense of identity.

Tuesday, March 11, 2025 • 6pm - 7:30pm 
James H. Cole Home for Funerals • 2624 W. Grand Blvd., Detroit
RSVP with Jackie Morris • 313-578-6328 • jmorris@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

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

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


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

Hospice of Michigan offers two 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 - 6pm 
Meets at various restaurants in the Troy area
RSVP with Cindy Palmer
248-334-1323 • cpalmer@hom.org

THE LUNCH BUNCH

2nd Wednesday of the month • 11:30am - 12:30pm 
Meets at various restaurants in Madison Heights
RSVP with Cindy Palmer
248-334-1323 • cpalmer@hom.org

A TIME TO REMEMBER

Please join us for a gathering of music and remembrance. Attendees will have an opportunity to share a memory or a reading in honor of their loved one and create a Luminary Memory Project to take home. A light lunch will be served.

Saturday, March 8, 2025 • 11am - 1pm 
Hospice of Michigan, Event/Conference Room
400 Galleria Officentre, Southfield
RSVP with Cindy Palmer
248-334-1323 • cpalmer@hom.org