

ANN ARBOR AREA

 In-Person Group

 Virtual Group

Arbor Hospice 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 Hospice of Michigan – a variety of in-person and virtual programming.

Whether participating in a group or seminar, Arbor Hospice'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.)


Arbor Hospice 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 • 6:30pm - 8pm 

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

3rd Monday of the month • 6pm - 7:15pm 

Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor

RSVP with Melissa McCreedy • 734-794-5127 • mmcreeedy@arborhospice.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 - 8pm 

RSVP with Melissa McCreedy • 734-794-5127 • mmcreeedy@arborhospice.org

Living On groups facilitated by Hospice of Michigan staff

1st Tuesday of the month • 6pm - 7:30pm 

RSVP with Cindy Palmer • 231-527-0913 • 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

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 - 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 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 - 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

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.




GREATER MICHIGAN CHAPTER

2nd Tuesday of the month 
6:30pm - 7:30pm
RSVP with Alexandra Irwin
989-705-2603 • 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

KNITTING THROUGH GRIEF


"Knit on with confidence and hope through all crises."
- Elizabeth Zimmerman

Come join fellow stitchers at this open, ongoing group for those who have lost a loved one. We will address grief and loss topics as they arise, and craft on with hope. All needlecrafters are welcome.

3rd Wednesday of the month • 11am - 12:30pm 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Meredith Hartmann • 734-709-3088
mhartmann@arborhospice.org


WALKING THROUGH GRIEF: WALKING GROUP

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.

1st Thursday of the month • 11am - 12:30pm 
County Farm Park • 2230 Platt Rd., Ann Arbor
RSVP with Melissa McCreedy
734-794-5127 • mmccreedy@arborhospice.org

SOCIAL MEALTIME GROUP


Arbor Hospice offers a social group for individuals who have lost a spouse or partner and are interested in sharing a meal together. The group meets monthly at a restaurant in Ann Arbor. If you are interested in meeting some new friends and sharing a meal with other widows and widowers, please contact us for more information.

4th Thursday of the month • 6pm - 7:30pm 
Various restaurants in Ann Arbor
RSVP with Margie Martin
734-769-5821 • mmartin@arborhospice.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.

Thursday, January 11, 2024 • 6:30pm - 8pm 
RSVP with Cindy Palmer
248-334-1323 • cpalmer@hom.org

Loss of Spouse or 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. Arbor Hospice Grief Journey Managers will provide education regarding the grief process and facilitate conversations for healing. Please register early. Space is limited.

Every Thursday; Jan. 25th through Feb. 29, 2024 
1pm - 2:15pm
Arbor Hospice office
2366 Oak Valley Dr., Ann Arbor
RSVP with Meredith Hartmann
734-709-3088 • mhartmann@arborhospice.org


Healing Hearts Luncheon

This program is designed to offer support to those grieving the death of a spouse or partner. We will exchange ideas on how to approach the Valentine's Day Holiday. Suggestions for how to cope with the grief of losing your love and life partner will be discussed. A lunch will be provided.

Wednesday, February 7, 2024 • 1pm - 2:30pm 
Arbor Hospice office
2366 Oak Valley Dr., Ann Arbor
RSVP with Melissa McCreedy
734-794-5127 • mmccreedy@arborhospice.org

Winter Warmth

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.

Wednesday, March 6, 2024 • 2pm - 3pm 
RSVP with Margie Martin
734-769-5821 • mmartin@arborhospice.org