

## 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 - 7:45pm   
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 • mmccreedy@arborhospice.org


4th Wednesday of the month • 2pm - 3:15pm   
RSVP with Melissa McCreedy • 734-794-5127 • mmccreedy@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 - 7:45pm   
RSVP with Melissa McCreedy • 734-794-5127 • mmccreedy@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

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

### 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 Hospice of Michigan and Arbor Hospice Grief Counselors 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.



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

## SEMINARS & SPECIAL SERIES


### Loss of Spouse

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; April 25 - May 30, 2024 • 1pm - 2:15pm   
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor  
RSVP with Meredith Hartmann  
734-709-3088 • mhartmann@arborhospice.org


### Mother's Day/Father's Day

A program designed to offer support to those grieving the death of a parent. As we journey through Mother and Father's Day, we would like to offer space for you to share your memories and hear about specific strategies for handling these special days. Hope you can attend. Space is limited so RSVP early. Food will be provided.

Thursday, May 8, 2024 • 6pm - 7:30pm   
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor  
RSVP with Margie Martin  
734-769-5821 • mmartin@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



## FLY AND REMEMBER

Remember the fond memories you shared with your loved one by personalizing and flying a kite in their honor. Arbor Hospice will provide all materials. All families who have experienced the loss of a loved one are welcome.

Saturday, June 29th, 2024 • 11am - 1pm   
Arbor Hospice • 2366 Oak Valley Dr., Ann Arbor  
RSVP with Margie Martin • 734-769-5821  
mmartin@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.


2nd Tuesday of the month • 11:30am - 1pm   
4th Thursday of the month • 6pm - 7:30pm 

Various restaurants in Ann Arbor  
RSVP with Margie Martin  
734-769-5821 • mmartin@arborhospice.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 - 12:15pm   
Arbor Hospice office  
2366 Oak Valley Dr., Ann Arbor  
RSVP with Meredith Hartmann  
734-709-3088  
mhartmann@arborhospice.org