

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 - GENERAL LOSS


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. Some virtual groups are facilitated by Hospice of Michigan staff.

2nd Monday of the month 
 6pm - 7:15pm
 RSVP: 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: Melissa McCreedy
 734-794-5127
 mmccreedy@arborhospice.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 and 3rd Thursday of the month 
 1:30pm - 3pm
 RSVP: Jackie Morris • 313-578-6328
 jmorris@hom.org


Living On - Young Adults

An open, ongoing support group for people in their 20s and 30s who are mourning any loss, consisting of education, sharing and peer-support.

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

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: 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

MEN OVERCOMING LOSS

These support groups are designed for men who are dealing with the death of a loved one.


Men Overcoming Loss - Partner/Spouse

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.

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



WALKING THROUGH GRIEF

Social support and physical activity are two of the most important components of mental health, especially while grieving. Starting in April, 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. Register for location.

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

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
989-705-2603 • airwin@hom.org


GREATER MICHIGAN CHAPTER

SEMINARS & SPECIAL SERIES


A Time to Remember - Memorial Service

Arbor Hospice cordially invites you, your family and friends to honor the memory of your loved one at our annual "A Time to Remember" Memorial Gathering. The event will include a peaceful walk around the grounds and gardens with an opportunity for reflection and remembrance, followed by a formal memorial service.

Sunday, September 22, 2024 • 2 - 3:30pm • 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP: Margie Martin • 734-769-5821 • mmartin@arborhospice.org


Grief 101

This educational meeting will provide attendees with important resources and information for those coping with the loss of a loved one. Grief 101 will explore what is normal during the grief process, strategies for coping, suggestions for self-care, and available community support. There will also be time for questions.

Sunday, October 20, 2024 • 2 - 3:30pm • 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP: Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.org


Thanksgiving Holiday Meal - 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. A Thanksgiving meal will be provided. **RSVP deadline: Monday, November 18, 2024.**

Tuesday, November 26, 2024 • 6:30 - 8pm • 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP: Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.org

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.

Wednesday, November 13 • 5:30 - 7pm • 
RSVP: Alexandra Irwin • 989-705-2603 • airwin@hom.org

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

Rise Up! In Curiosity: Stepping Into Grief


Join special guest speaker, Mary Hayek, M. ED., for an afternoon of discussion on grief, loss and healing as it relates to the metaphor of mixing, rising and baking of bread. Participants will be taught how to make loaves of bread as Mary leads the discussion. All supplies will be provided. Space will be limited to 8 participants.

Saturday, October 5, 2024 • Noon - 4:30pm • 
St. Paul's Episcopal Church • 200 W. St. Paul St., Brighton
RSVP: 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.

LUNCH BUNCH

2nd Tuesday of the month • 
11:30pm - 1pm

DINNER DINERS

4th Thursday of the month • 
6pm - 7:30 pm

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