

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 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.

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

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

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

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

RSVP with Meredith Hartmann • 734-709-3088

mhartmann@arborhospice.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

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. 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

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. 30th 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

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.

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

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

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.

1st Thursday of the month • 11am - 12:30pm 📅

RSVP with Melissa McCreedy

734-794-5127 • mmccreedy@arborhospice.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

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

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 📅

11:30am - 1pm

Various restaurants in Ann Arbor

3rd Tuesday of the month 📅

11:30am - 1pm

Various restaurants in Ann Arbor

RSVP with Melissa McCreedy

734-794-5127

mmccreedy@arborhospice.org

Dinner Diners

4th Thursday of the month 📅

6pm - 7:30pm

Various restaurants in Ann Arbor

RSVP with Margie Martin

734-769-5821

mmartin@arborhospice.org