

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 - 7pm 

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  

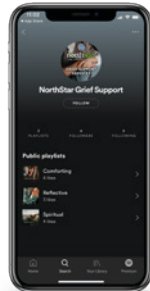
Hospice of Michigan office • 932 N Mitchell St., Cadillac

RSVP with Will Gasper • 231-444-3350 • wgasper@hom.org

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



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

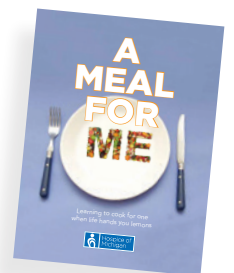


A MEAL FOR ME:

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

facilitated by Hospice of Michigan staff


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 - 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 • mmccreedy@arborhospice.org


Living On - Sudden/Traumatic Loss

An open, ongoing group for those that have suffered a sudden loss.

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 - 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

alzheimer's  **association**[®]

GREATER MICHIGAN CHAPTER


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: 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 
Park in Ann Arbor
RSVP with Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.org

SEMINARS & SPECIAL SERIES


Remembering Our Parents

Please join us for this special time as we remember our mothers, fathers, or parent figures, and discuss suggestions for self-care and strategies for coping through Mother's Day and Father's Day. Registration is required.

Tuesday, April 29, 2025 • 6pm - 7:30pm 
The Husband Family Funeral Home
2401 S. Wayne Rd., Westland
RSVP with Jackie Morris • 313-578-6328
jmorris@hom.org


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.

Friday, June 6, 2025 • 6pm - 7:30pm 
The Husband Family Funeral Home
2401 S. Wayne Rd., Westland
RSVP with Jackie Morris • 313-578-6328
jmorris@hom.org


Arbor Hospice offers a meal-centered 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 different 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
RSVP with Melissa McCreedy
734-794-5127 • mmcreedy@arborhospice.org

3rd Thursday of the month • 11:30am - 1pm 
Various restaurants in Ann Arbor
RSVP with Melissa McCreedy
734-794-5127 • mmcreedy@arborhospice.org

DINNER DINERS

4th Thursday of the month • 6pm - 7:30pm 
Various restaurants in Ann Arbor
RSVP with Melissa McCreedy
734-794-5127 • mmcreedy@arborhospice.org

REMEMBERING OUR MOTHERS AND FATHERS: A MEAL TIME GATHERING

The purpose of this gathering is to provide an opportunity to discuss feelings throughout grief when navigating the unique loss of a parent. Space is limited, so RSVP early. Food will be provided. Let us know if you have specific food allergies.

Tuesday, May 6, 2025 

6pm - 7:30pm

Arbor Hospice office

2366 Oak Valley Dr., Ann Arbor

RSVP with Melissa McCreedy

734-794-5127 • mmcreedy@arborhospice.org