

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.

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

3rd Tuesday of the month • 10am - 11:30am 

Our Family Friend • 610 S. Brown St., Jackson


RSVP: Melissa McCreedy • 734-794-5127 • mmccreedy@arborhospice.org

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

RSVP: Meredith Hartmann • 734-794-5177 • mhartmann@arborhospice.org

Living On - Young Adults

An open, ongoing group for people in their 20s and 30s. Facilitated by Hospice of Michigan and Arbor Hospice Grief Counselors.

1st Monday of the month • 6pm - 7:15pm 

RSVP: Ryan Miller • 616-356-5228 • rymiller@hom.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 - 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: Kijrsten 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: Kijrsten Boeve • 231-929-1557 • kboeve@hom.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

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. 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 

Park in Ann Arbor

RSVP: Melissa McCreedy • 734-794-5127

mmccreedy@arborhospice.org

3rd Thursday of the month • 10:30am - 12pm 

Park in Ann Arbor

RSVP: Melissa McCreedy • 734-794-5127

mmccreedy@arborhospice.org

JOURNEY THROUGH WIDOWHOOD

Coping with the everyday reminders of grief and the practical tasks presented when grieving the death of a spouse.


Monday, Sept. 22, 2025 • 6pm - 7:30pm 

RSVP: Melissa McCreedy • 734-794-5127

mmccreedy@arborhospice.org

When a spouse or partner dies, the loss of intimacy can be profound. Join this session for women to learn more about ways to cope with sexual bereavement.

Presentation for women:

Thursday, November 6, 2025 • 12pm - 1pm 

RSVP: Meredith Hartmann • 734-794-5177

mhartmann@arborhospice.org

When a spouse or partner dies, the loss of intimacy can be profound. Join this session for men to learn more about ways to cope with sexual bereavement.


Presentation for men:

Thursday, November 20, 2025 • 12pm - 1pm 

RSVP: 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: Alexandra Irwin

989-705-2603 • airwin@hom.org

alzheimer's  association®

GREATER MICHIGAN CHAPTER

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 

3rd Thursday of the month • 11:30am - 1pm 

DINNER DINERS

2nd Wednesday of the month • 6pm - 7:30 pm 

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

RSVP: Melissa McCreedy • 734-794-5127


mmccreedy@arborhospice.org

SEMINARS & SPECIAL SERIES

Loss of Spouse

This series offers a safe place to learn about what to expect on your grief journey. An Arbor Hospice Grief Support Services Manager will provide education regarding the grief process and facilitate conversations related to self-care and healing. Please register early. Space is limited.

Every Monday, starting:

Oct. 6 - Nov. 10, 2025 • 3pm - 4:15pm 


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

RSVP: Meredith Hartmann • 734-794-5177

mhartmann@arborhospice.org

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.

Thursday, Oct. 9, 2025 • 6pm - 7:30pm 


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

RSVP: Melissa McCreedy • 734-794-5127

mmccreedy@arborhospice.org

Hope After Loss: 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.

Tuesday, Oct. 14, 2025 • 6pm - 7:30pm 


Husband Family Funeral Home

2401 S. Wayne Rd., Westland

RSVP: Jackie Morris • 313-578-6328 • jmorris@hom.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.

Monday, November 17, 2025 • 6pm - 7:30pm 

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

RSVP: Melissa McCreedy • 734-794-5127

mmccreedy@arborhospice.org

Tuesday, December 9, 2025 • 6pm - 7:30pm 

Husband Family Funeral Home

2401 S. Wayne Rd., Westland

RSVP: Jackie Morris • 313-578-6328 • jmorris@hom.org

Friday; December 12, 2025 • 5:30pm - 7pm 

RSVP: Alexandra Irwin • 989-705-2603 • airwin@hom.org