

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

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

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

RSVP with Melissa McCreedy

734-794-5127 • mmccreedy@arborhospice.org

2nd Wednesday of the month • 1pm - 2:30pm  

Hospice of Michigan office

932 N Mitchell St., Cadillac

RSVP with Delynda Moravec • 231-444-3350

delynda.moravec@hom.org

2nd & 4th Friday of the month • 11:30am - 1pm 

Woodhaven Community Center

23101 Hall Rd., Woodhaven

RSVP with Sarah Hoffman • 313-578-6328

sarah.hoffman@hom.org

JOURNEY THROUGH WIDOWHOOD

Our Journey Through Widowhood programs discuss the challenges of navigating life after loss of a spouse. Practical ideas are shared and connections are formed. Please join us for Spring programs.

Journey Through Widowhood: Navigating Financial Concerns

Thursday, April 16 • 6pm - 7:30pm 

RSVP with Melissa McCreedy • 734-794-5127

mmccreedy@arborhospice.org

Special Guest Speaker, Jeanne Case, Financial Adviser will address common issues, concerns and questions.

And in The Fall of 2026 we will have our **1st Annual Journey Through Widowhood Retreat** in the Washtenaw County area.

More information will be forthcoming.

Email kmonts@hom.org for more information.

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 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

Come and share, or simply listen, as we discuss the various intricacies and many facets of the unique grief after the loss of a parent.

2nd Monday of the month 
6:30pm - 8pm
RSVP with Amanda Layne • 734-794-5127
alayne@hom.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 - Men Overcoming Loss

For any man who has lost a spouse or partner.

3rd Tuesday of the month 
6pm - 7:30pm
RSVP at 231-444-3350
delynda.moravec@hom.org
Facilitated by Wil Gasper, LPC

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 Delynda Moravec
231-444-3350
delynda.moravec@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

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
mmcreedy@arborhospice.org

3rd Thursday of the month • 10:30am - 12pm 
Park in Ann Arbor
RSVP with Melissa McCreedy • 734-794-5127
mmcreedy@arborhospice.org

JOURNEY THROUGH GRIEF BOOK CLUB

Once a month we will read a book about grief and discuss how it impacts our grief. It is encouraged that participants read the book prior to each meeting, but it is not required. First book is It's OK That You're Not OK by Megan Devine.

4th Thursday of the month • 1pm - 2:30pm 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Dana Horowitz
734-209-8588 • dhorowitz@hom.org

GRIEF AND YOGA SUPPORT GROUP

The grief process can have physical, mental, emotional and spiritual effects on a person's well-being. This class is intended to help calm the mind and body, ease stress and tension, and help facilitate the healing process. This is an opportunity to practice yoga in a safe, non-judgmental environment with others who are experiencing grief and loss. Please dress comfortably and bring your own yoga mat to use. Registration is required.

1st Friday of the month • 2pm - 3:15pm 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Dana Horowitz
734-209-8588 • dhorowitz@hom.org

FLY AND REMEMBER

Remember the fond memories you shared with your loved one by personalizing and flying a kite in their honor. Kites and materials for decorating will be provided. We invite all families who have experienced the loss of a loved one to attend; all ages are welcome. Proud partners with Ele's Place and GrieveWell.

Saturday, June 20th, 2026 • 12pm 
Lillie Park • 4665 Platt Rd., Ann Arbor MI
RSVP with Melissa McCreedy • 734-794-5127
mmcreedy@arborhospice.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

2nd Tuesday of the month 

6pm - 7:30pm

Various restaurants in Whitmore Lake

RSVP with Melissa McCreedy

734-794-5127

mmcreedy@arborhospice.org



PRESENTED BY



A member of NorthStar Care Community

An Opportunity for Fun, Sharing, and Healing

We also have Camp Good Grief offered in Southwest Michigan with our affiliate Centrica Care Navigators.

Visit centricacare.org/camp

PLEASE JOIN US FOR CAMP GOOD GRIEF, a free program designed for children ages 8-17 who have experienced the death of a loved one.

We are excited to offer four Camp Good Grief sessions. Each location offers a variety of camp activities and acres of groomed fields and natural woods for play.

This experience combines art, music and conversation with grief education and emotional support. All activities are facilitated by caring and qualified grief support professionals, music therapists and volunteers. Breakfast, lunch and snacks will be included. **Register early! Space is limited. Scan the QR code below for more information.**

SAVE THE DATE FOR THE 2026 CAMPS!



Register here
or go to
[arborhospice.org/
camp](http://arborhospice.org/camp)

YMCA Camp Ohiyesa • Holly, MI

Friday, **July 17, 2026** • 8am-4pm

CONTACT: Cindy Palmer • 248-334-1323

REGISTRATION DEADLINE: **June 26, 2026**

Camp Lake Louise • Boyne Falls, MI

Friday, **August 14, 2026** • 8am-4pm

CONTACT: Tavia Mulholland • 989-705-2603

REGISTRATION DEADLINE: **August 1, 2026**

Camp Newaygo • Newaygo, MI

Tuesday, **August 18, 2026** • 8am-4pm

CONTACT: Alexandra Irwin • 231-527-0913

REGISTRATION DEADLINE: **July 31, 2026**