

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.

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

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

2nd & 4th Friday of the month • 11:30am - 1pm 
 Woodhaven Community Center • 23101 Hall Road, Woodhaven
 RSVP: Sarah Hoffman • 313-578-6328 • sarah.hoffman@hom.org

1st Tuesday of the month • 6pm - 7:30pm 
 RSVP: Cindy Palmer • 248-334-1323 • cpalmer@hom.org

1st & 3rd Thursday of the month • 1:30pm - 3pm 
 RSVP: Call Sarah Hoffman at 313-578-6328
 or email Jackie Morris at jmorris@hom.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

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: Amanda Layne
 586-263-8514 • alayne@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 - Men Overcoming Loss

For any man who has lost a spouse or partner.

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

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

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.

Thursday, January 15, 2026 

6pm - 7:30pm

RSVP: Cindy Palmer

248-334-1323 • cpalmer@hom.org

Winter Warmth

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.

Monday, January 19, 2026 

6pm - 7pm

RSVP: Amanda Layne

586-263-8514 • alayne@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 winter programs.

Journey Through Widowhood: Navigating Special Days After the Loss of a Spouse/Partner

Thursday, February 5, 2026 • 6pm 

RSVP: Karen Monts • 313-578-6326 • kmonts@hom.org

Journey Through Widowhood: Choices Matter On Our Grief Journey

Join this virtual session where we will discuss avenues of coping with our grief and the value of self-care. Registration is required.

Wednesday, March 11, 2026 • 6pm - 7:15pm 

RSVP: Melissa McCreedy • 734-794-5127

mmccreedy@arborhospice.org

Join us for the next *Journey Through Widowhood* program where we will discuss self care and coping. Lightfood and refreshments provided. Registration is required.

NORTHWEST MICHIGAN

Tuesday, February 10, 2026 • 1pm - 2:30pm 

Hospice of Michigan office

10850 E Traverse Hwy #3325, Traverse City

RSVP: Kjirsten Boeve • 231-929-1557 • kboeve@hom.org

In Spring 2026 we will present ***Journey Through Widowhood: Financial Concerns and Suggestions.***

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.

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

231-527-0913 • airwin@hom.org

alzheimer's association

GREATER MICHIGAN CHAPTER

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 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.

Starting Feb. 26, 2026;

4th Thursday of the month 

1pm - 2:30pm

Arbor Hospice

2366 Oak Valley Dr., Ann Arbor

RSVP: 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.

Starting Feb. 6, 2026; 1st Friday of the month • 2pm - 3:30pm 

Arbor Hospice • 2366 Oak Valley Dr., Ann Arbor

RSVP: Dana Horowitz • 734-209-8588 • dhorowitz@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. 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

Restaurant in Ann Arbor

3rd Thursday of the month 

11:30am - 1pm

Restaurant in Ann Arbor

RSVP: Melissa McCreedy

734-794-5127 • mmccreedy@arborhospice.org

DINNER DINERS

2nd Tuesday of the month 

6pm - 7:30 pm

Restaurant in Whitmore Lake

4th Thursday of the month 

6pm - 7:30 pm

Restaurant in Ann Arbor