

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 - 7:30pm

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

1st & 3rd Thursday of the month 
1:30pm - 3pm

RSVP: Sarah Hoffman • 313-578-6328
sarah.hoffman@hom.org
Facilitated by Jackie Morris, MPM, CT

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

2nd Wed. of the month 
10am - 11:30am

Silver Maples of Chelsea
100 Silver Maples Dr., Chelsea
RSVP: Melissa McCreedy
734-794-5127
mmccreedy@arborhospice.org

LIVING ON - LOSS SPECIFIC GROUPS

Living On - Young Adults

A peer-supported grief group for those in their 20s and 30s, offering education, sharing, and support. Facilitated by Hospice of Michigan and Arbor Hospice Grief Counselors and is largely peer-supported.

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

RSVP: Alexandra Fuchsloch
231-527-0913
alexandra.fuchsloch@hom.org

Living On - Loss of Parents

A space to share and explore grief after the loss of a parent.

2nd Monday of the month 
6:30pm - 7:45pm

RSVP with Amanda Layne
586-263-8514 • alayne@hom.org

Living On - Sudden/Traumatic Loss

A monthly group supporting those grieving a sudden or traumatic loss.

1st Tuesday of the month 
5:30pm - 6:45pm

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

Living On - Loss of Spouse/Partner

A space to share and explore 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 Thur. of the month 
2pm - 3:30pm

RSVP: Louissa Chanin • 734-794-5154
louissa.chanin@arborhospice.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
Facilitated by Wil Gasper, LPC

Living On - Loss of an Adult Child for Mothers

For mothers who have lost an adult child.

2nd Thursday of the month 
10:30am - 11:30am

RSVP: Delynda Moravec • 231-444-3350
delynda.moravec@hom.org

SEMINARS & SPECIAL SERIES

Poetic Medicine for Healing

Poetic Medicine for Healing is an 6-week support group that invites participants to explore grief, healing, and self-expression through poetry and reflective writing. No writing experience is needed—just a willingness to listen, create, and share in a supportive, compassionate space.

Every Tuesday • Sept. 15 through Oct. 27 
(no meeting on October 6) • 5pm - 6pm
RSVP: Delynda Moravec • 231-444-3350
delynda.moravec@hom.org

Loss of Spouse or Partner Journey Through Grief Series

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 find ways through special days are a few of the challenges you will face. You will meet others who have experienced this type of loss. Our Grief Support Counselors will provide education regarding the grief process and facilitate conversations for healing. Please register early. Space is limited.

Six consecutive Thursdays, beginning Oct. 1, 2026 
3pm - 4:30pm
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Dana Horowitz • 734-209-8588
dhorowitz@hom.org

Hope After Loss: Hope for the Holidays

Hope for the Holidays is led by a Grief Support Counselor from Arbor Hospice and Social Worker from Jewish Family Services. This supportive session offers practical coping strategies, compassionate guidance, and a safe space to acknowledge grief during the holiday season.

Monday, Nov. 23, 2026 • 6pm - 7:15pm 
RSVP: Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.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 Fuchsloch
231-527-0913 • alexandra.fuchsloch@hom.org

alzheimer's  association®
GREATER MICHIGAN CHAPTER

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



This class uses gentle yoga practices to calm the mind and body, reduce stress, and support healing through grief. No experience is needed; bring a yoga mat and wear comfortable clothing. Registration required.

1st Friday of the month
2pm - 3:30pm 
Arbor Hospice office
2366 Oak Valley Dr., Ann Arbor
RSVP with Dana Horowitz
734-209-8588
dhorowitz@hom.org

Creative Support for Grieving Families – Holiday Support Program

Join us as we together create a personalized keepsake calendar in memory/honor of your loved one. Facilitated and led by creative grief expert Rebecca Wu. Various locations; join us at your nearest location.

Thursday, Nov. 19, 2026 
5:30pm - 6pm (Food & Reception)
6pm - 7:30pm (Calendar Making Time)

Arbor Hospice office

2366 Oak Valley Drive, Ann Arbor
RSVP with Melissa McCreedy • 734-794-5127 • mmccreedy@hom.org

Hospice of Michigan offices at:

400 Perry Avenue, Big Rapids
RSVP with Alexandra Fuchsloch • 231-527-0913 • alexandra.fuchsloch@hom.org

830 S. Otsego Avenue, Gaylord
RSVP with Tavia Mulholland • 989-705-2603 • tmulholland@hom.org

989 Spaulding, Ada
RSVP with Liz Freedman • 616-450-5927 • liz.freedman@hom.org

400 Galleria, Ste. 400, Southfield
RSVP with Cindy Palmer • 248-334-1323 • cpalmer@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.

RSVP with Melissa McCreedy
734-794-5127 • mmcreedy@arborhospice.org

LUNCH BUNCH

2nd Tuesday of the month • 11:30am - 1pm 
Various restaurants in Ann Arbor

3rd Thursday of the month • 11:30am - 1pm 
Various restaurants in Ann Arbor

DINNER DINERS

1st Thursday of the month • 6pm - 7:30pm 
Various restaurants in Ann Arbor

2nd Tuesday of the month • 6pm - 7:30pm 
Various restaurants in Whitmore Lake

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.

RSVP with Melissa McCreedy
734-794-5127 • mmcreedy@arborhospice.org

1st Thursday of the month 
11am - 12:30pm • Park in Ann Arbor

3rd Thursday of the month 
10:30am - 12pm • Park in Ann Arbor

ANNUAL ARBOR HOSPICE MEMORIAL SERVICE

Join us as we come together to honor and remember loved ones who have died. Through reflection and shared remembrance, we gather as a community to celebrate the enduring bonds of love and support another in grief.

Thursday, Sept. 24, 2026 
6pm - 7:30pm
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Melissa McCreedy • 734-794-5127 • mmcreedy@arborhospice.org

JOURNEY THROUGH WIDOWHOOD

Join us for our Journey Through Widowhood (JTW) monthly programs. JTW programs provide support and guidance in navigating the challenges after loss of spouse, and build meaningful connections.

RSVP: jtw@northstarcc.org or 313-578-6326

Parenting or Grandparenting After Loss – Practical Tasks

Explores caregiving after a partner's death, offering practical tools, compassionate support, and guidance for caring for yourself and children through grief.

September 9, 2026 • 6pm - 7:15pm 

Taking Gentle Care

Explores meaningful practices for rest, resilience, and renewal while honoring grief and tending to your own needs.

October 14, 2026 • 6pm - 7:15pm 

Traditions and Rituals – Holidays

Discuss ways to modify or create rituals that honor our loved ones while attending to personal needs

November 11, 2026 • 6pm - 7:15pm 

Dinner Group

A casual, social space for widowers to share a meal and conversation while connecting and supporting each other through grief.

December 9, 2026 • 6pm - 7:15pm 