ARBOR HOSPICE

Journey Through Grief

WINTER 2027

GRIEF SUPPORT GROUPS AND RESOURCES

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

Having new and difficult emotions is not unusual during periods of grief. Having them does not mean we are 'crazy.' Here are some feelings commonly experienced by people during the grieving process.

TIME DISTORTION: Time seems to move quickly or slowly; unsure of date or day of week; sense of past/future seems frozen.

SEARCHING FOR MEANING: Trying to make sense of your loss; asking "why" and spiritual questions.

MEMORY EMBRACES: Memories or feelings of grief triggered by a song, smell, person, object, etc.

ANNIVERSARY AND HOLIDAY GRIEF OCCASIONS: Heightened sense of loss on these special dates; plan ahead and seek support.

SUDDEN CHANGES IN MOOD: From surviving fairly well to plunging into deep sadness and despair triggered by anything; be patient and gentle with yourself.

POWERLESS AND HELPLESSNESS: "If onlys" and "what ifs;" feeling out of control.

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 – 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

3rd Thursday of the month
3pm - 4pm
Burkholders Funeral Home
211 N. Pine St. McBain
RSVP: Will Gasper
231-444-3350 • wgasper@hom.org

2nd & 4th Thursday 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

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.

Thursday, Nov. 19, 2026 • 6pm - 7:30pm
RSVP: Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.org
Facilitated and led by creative grief expert Rebecca Wu.

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, December 7, 2027 • 5:30pm - 6:30pm
RSVP: Alexandra Fuchsloch • 231-527-0913
alexandra.fuchsloch@hom.org

Grief and Yoga Support Group

Grief can affect our physical, mental, emotional, and spiritual well-being. This class offers a safe, non-judgmental space to calm the mind and body, ease stress and tension, and support healing alongside others 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: Dana Horowitz • 734-209-8588 • dhorowitz@hom.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

Winter Warmth

This program offers an opportunity to reflect and share on the legacy of your loved one and discover ways their love, lessons, and influence continue to live on in your life.

January 13, 2027
6pm - 7:15pm

Navigating Special Holidays

This workshop prepares participants for anniversaries, birthdays, and milestone dates that are important to the bereaved. We will talk about coping tools and resources to support you through these times.

February 10, 2027
6pm - 7:15pm

Choices Matter

This workshop will discuss how small daily choices shape longer-term healing. We will discuss intentional decisions about rest, connection, work, and legacy-building.

March 10, 2027
6pm - 7:15pm

Finance

This workshop offers practical, easy to-understand guidance for navigating finances after loss.

April 14, 2027
6pm - 7:15pm

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 can be especially helpful while grieving. This monthly group offers grieving adults an opportunity to connect, support one another, and enjoy 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: Melissa McCreedy
734-794-5127
mmccreedy@arborhospice.org

3rd Thursday of the month
10am - 11:30pm
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.

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

SOCIAL MEALTIME GROUP

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 Monday of the month
12pm - 1pm
Restaurant in Ann Arbor

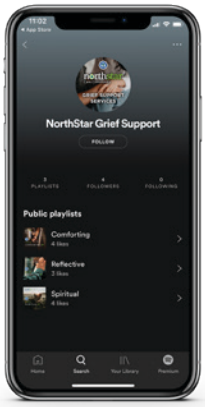
3rd Thursday of the month
11:30am - 1pm
Restaurant in Ann Arbor

DINNER DINERS

2nd Tuesday of the month
6pm - 7:30 pm
Restaurant in Whitmore Lake

1st Thursday of the month
6pm - 7:30 pm
Restaurant in Ann Arbor

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

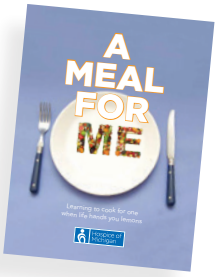


There are many therapeutic benefits of music. You will find music for reflection, for remembering, for healing, or just to be uplifted.

Please check out our Spotify playlists at ***ArborHospice.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. This book was created by our partners at Hospice of Michigan.

Download the book at
HOM.org/CookBook