



## Understanding *your feelings*

It may have been recent or several months since the loss of your loved one. Much of the activity following the illness and death may have subsided. Perhaps many of your friends and family have returned to their “normal” lives. Yet, you may still be trying to come to grips with all the changes in your life. Now may be a time when your grief seems to weigh more heavily on you.

Even for those who have “taken it so well,” it is not unusual to “hit bottom” at some point. Loneliness, feelings of hopelessness, maybe even a sense of abandonment make each day a challenge. The things in life that used to bring enjoyment and energize you may now take an exhausting amount of energy to accomplish, if they get done at all. It is not unusual for feelings of sadness to creep in.

Having new and difficult emotions is not unusual during periods of grief. Having them does not mean you are ‘crazy.’

Here are some feelings commonly experienced by people during the grieving process.

- Searching for meaning: Trying to make sense of your loss; asking “why” and spiritual questions.
- Grief triggers: Feelings of grief triggered by a memory, a song, a smell, person, special days, etc.
- Sudden changes in mood: From doing fairly well to plunging into deep sadness. Be patient and gentle with yourself.
- Powerless and helplessness: “If onlys” and “what ifs;” feeling out of control
- You may also experience a heightened sense of loss on special days like anniversaries or holidays. Plan ahead and seek support. Consider attending one or more of our grief support groups.



Asking for help when grief is complicated is not a sign of weakness, but a sign of strength and courage. For courage is not the absence of fear, but the willingness to act in its presence.

— EXCERPT FROM HEALING AND GROWING THROUGH GRIEF, BY DONNA O'TOOLE


Sign up for **Notes of Hope:**  
**A weekly grief reflection or encouragement**  
delivered to your email.



[arborhospice.org/  
notes-of-hope](https://arborhospice.org/notes-of-hope)

# 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.

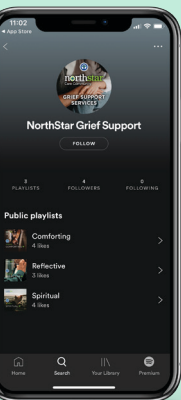
Whether participating in a group or seminar, Arbor Hospice's trained grief counselors provide a safe and supportive environment to express feelings, better understand the grief process, and connect with others.

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.*



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

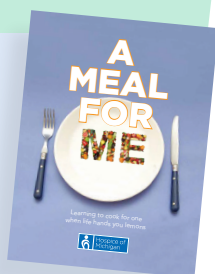
Please check out our Spotify playlists at [arborhospice.org/spotify](https://www.arborhospice.org/spotify)



## 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 [www.hom.org/cookbook](http://www.hom.org/cookbook)



## LIVING ON


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.

2nd Monday of the month • 6:30pm - 8pm   
RSVP with Margie Martin • 734-769-5821 • [mmartin@arborhospice.org](mailto:mmartin@arborhospice.org)



3rd Tuesday 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](mailto:mmccreedy@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 with Naomi Avril • 734-794-5177 • [navril@arborhospice.org](mailto:navril@arborhospice.org)

### Living On groups facilitated by Hospice of Michigan staff

4th Monday of the month    
2pm - 3:15pm  
Hospice of Michigan office  
39531 Garfield Rd., Clinton Twp.  
RSVP with Wes Lawton  
586-263-8514 • [wlawton@hom.org](mailto:wlawton@hom.org)


2nd Wednesday of the month    
1pm - 2:30pm  
Hospice of Michigan office  
932 N Mitchell St., Cadillac  
RSVP with Will Gasper  
231-444-3350 • [wgasper@hom.org](mailto:wgasper@hom.org)


2nd Tuesday of the month    
6:30pm - 7:30pm  
Hospice of Michigan office  
400 Perry Ave., Big Rapids  
RSVP with David Keller  
231-527-0913 • [dkeller@hom.org](mailto:dkeller@hom.org)

1st & 3rd Thursday of the month   
1:30pm - 3pm  
RSVP with Jackie Morris  
313-578-6328 • [jmorris@hom.org](mailto:jmorris@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 with Stacy Malenfant • 989-358-4295 • [smalenfa@hom.org](mailto:smalenfa@hom.org)

2nd & 4th Thursday of the month • 2pm - 3:30pm   
RSVP with Kjirsten Boeve • 231-929-1557 • [kboeve@hom.org](mailto:kboeve@hom.org)


### Living On - Loss of Parents

An open, ongoing group that meets monthly to discuss grief and loss as it pertains to the death of a parent.

2nd Wednesday & 4th Tuesday of the month • 6:30pm - 7:30pm   
RSVP with David Keller • 231-527-0913 • [dkeller@hom.org](mailto:dkeller@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 - 11:45am   
RSVP with David Keller • 231-527-0913 • [dkeller@hom.org](mailto:dkeller@hom.org)

## FLY & REMEMBER

Remember the fond memories you shared with your loved one by personalizing and flying a kite in their honor. All families who have experienced the loss of a loved one are welcome.

Saturday, June 24, 2023 • 12pm - 1pm   
Lillie Park • 4365 Platt Rd., Ann Arbor  
RSVP with Margie Martin • 734-769-5821  
[mmartin@arborhospice.org](mailto:mmartin@arborhospice.org)



Participants are welcome to stay afterwards for GrieveWell's Kite Festival from 1pm-4pm.


Registration for both Fly & Remember and the Kite Festival are available at: [www.grievewell.com/annual-kite-festival](http://www.grievewell.com/annual-kite-festival)

## MEN OVERCOMING LOSS

These support groups are designed for men who are dealing with the death of a loved one. Join in-person or virtually from your computer or mobile device.

### Men Overcoming Loss - General Loss

A support group for any man who has lost a parent, grandparent, sibling, cousin or a good friend or neighbor.

1st Tuesday of the month 

6pm - 7pm



RSVP with Will Gasper

231-444-3350 • [wgasper@hom.org](mailto:wgasper@hom.org)

### Men Overcoming Loss - Partner/Spouse

This support group is designed for men who are dealing with the death of a spouse or partner.

Join in-person at our Clinton Twp. office, or virtually from your computer or mobile device.

3rd Tuesday of the month  

6pm - 7:30pm



Hospice of Michigan office

39531 Garfield Rd., Clinton Twp.

RSVP with Wes Lawton

586-263-8514 • [wlawton@hom.org](mailto:wlawton@hom.org)

### Men Overcoming Loss - Grieving Dads

1st Wednesday of the month  

6:30pm - 7:30pm

Hospice of Michigan office

400 Perry Ave., Big Rapids

RSVP with David Keller

231-527-0913 • [dkeller@hom.org](mailto:dkeller@hom.org)

## WALKING THROUGH GRIEF

Social support and physical activity are two of the most important components of mental health, especially while grieving. Starting in April, 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 - 12pm

Local Ann Arbor Parks

RSVP with Melissa McCreedy

734-794-5127

[mmccreedy@arborhospice.org](mailto:mmccreedy@arborhospice.org)

## SEMINARS & SPECIAL SERIES

### Loss of Spouse or Partner

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. Arbor Hospice Grief Journey Managers will provide education regarding the grief process and facilitate conversations for healing. Please register early. Space is limited.

Every Tuesday; April 18 through May 23 • 12pm - 1:15pm 

RSVP with Naomi Avril • 734-794-5177 • [navril@arborhospice.org](mailto:navril@arborhospice.org)

### Adult Loss of Parent

When you lose your parent as an adult, there is much to do: contact family, organize a funeral, and go through your parent's belongings. This six-part program will provide education on the grief process and will facilitate conversations focused on sharing of feelings, experiences and coping strategies.

Every Wednesday; April 19 through May 24 • 6pm - 7:15pm 

RSVP with Melissa McCreedy • 734-794-5127 • [mmccreedy@arborhospice.org](mailto:mmccreedy@arborhospice.org)

### General Loss Series

This series offers a safe place to learn about what to expect on your grief journey. All types of losses are welcome. 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 Wednesday; April 19 through May 24 • 4:30pm - 5:45pm 

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

RSVP with Margie Martin • 734-769-5821 • [mmartin@arborhospice.org](mailto:mmartin@arborhospice.org)

### Young Adults Grief Support Retreat

One-day retreat for people in their 20s-30s who are grieving the death of a loved one. In addition to times of education, sharing and support, attendees can also participate in relaxing activities such as yoga, a nature walk, and massage. Lunch and snacks will be provided. Registration is required.



Saturday, June 3, 2023 • 9am - 4pm 

University of Michigan Matthaei Botanical Gardens

1800 N. Dixboro Rd., Ann Arbor

Scan the QR code to register, or go to:

[forms.office.com/r/qsZ17W1Me7](https://forms.office.com/r/qsZ17W1Me7)

For more information, contact:

Naomi Avril • 734-794-5177 • [navril@arborhospice.org](mailto:navril@arborhospice.org)

### Remembering our Mothers and Fathers: A Meal Time Gathering

The purpose of this gathering is to provide an opportunity to discuss feelings throughout grief when navigating the unique loss of a parent. Space is limited, so RSVP early. Food will be provided. Let us know if you have specific food allergies.


Thursday, June 8, 2023 • 6pm - 8pm 

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

RSVP with Melissa McCreedy • 734-794-5127 • [mmccreedy@arborhospice.org](mailto:mmccreedy@arborhospice.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. 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.

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

Various restaurants in Ann Arbor

RSVP with Margie Martin • 734-769-5821


[mmartin@arborhospice.org](mailto:mmartin@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.

alzheimer's  association\*

GREATER MICHIGAN CHAPTER

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

RSVP with Alexandra Irwin

989-705-2603 • [airwin@hom.org](mailto:airwin@hom.org)

## There is help...

Arbor Hospice offers a wide range of grief support services throughout the state, such as grief and loss support groups, individual companionship visits, and seminars for those experiencing the loss of a loved one. Groups provide a safe and supportive environment

for participants to express their feelings while increasing their awareness of the grief process. Our grief support services are open to anyone in the community experiencing the loss of a loved one, whether or not the loved one was a hospice patient. Please visit [www.arborhospice.org](http://www.arborhospice.org) for a complete listing or call **888-992-2273** for more information.



# Camp Good Grief

PRESENTED BY



## A Place for Fun, Sharing and Healing

Camp Good Grief is a free, all-day summer camp for children ages 8-17 who have experienced the death of a loved one. The day combines fun and adventurous activities with grief education and emotional support facilitated by grief professionals and trained volunteers.

Online registration is available at [www.hom.org/camp](http://www.hom.org/camp)



## THE TRUTH ABOUT GRIEVING

Often, we misunderstand grieving, and these misunderstandings only add strain to our journey through grief. Keep the following myths and realities of grieving in mind.

MYTH: *Only family members grieve.*

**REALITY: All who were connected to a person who died may grieve.**

MYTH: *We only grieve for those who have died.*

**REALITY: We grieve all losses.**

MYTH: *Grief should be left at home.*

**REALITY: We cannot control when and where feelings of grief may arise.**

MYTH: *People who are grieving are best left alone.*

**REALITY: People who are grieving need the support of others.**

MYTH: *We slowly and predictably recover from grief.*

**REALITY: Grief is like a “roller coaster” with no timeline.**

MYTH: *Grief is an emotional reaction.*

**REALITY: Grief can have emotional and spiritual, physical and behavioral responses also.**

MYTH: *Grief is something you “get over.”*

**REALITY: Over time most people learn to live with their loss.**