

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

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


3rd Monday of the month (beginning Sept. 18) • 6pm - 7:15pm 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Melissa McCreedy • 734-794-5127 • mmccreedy@arborhospice.org


Living On - Loss of Parent


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

2nd Monday of the month (beginning Sept 11) • 6:30pm - 8pm 
RSVP with Melissa McCreedy • 734-794-5127 • mmccreedy@arborhospice.org

Living On groups facilitated by Hospice of Michigan staff

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

4th Wednesday 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

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 a Hospice of Michigan Grief Counselor 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 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

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 Will Gasper
231-444-3350 • wgasper@hom.org

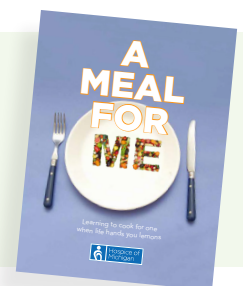
A MEAL FOR ME:

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
<https://arborhospice.org/grief-journey-program>



SEMINARS & SPECIAL SERIES

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 Journey 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, September 20 through October 25 
4:30pm - 5:45pm

Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.org

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 Thursday, September 21 through October 26 • 12pm - 1:15pm 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org


Hope After Loss

Coping with the loss of a loved one can be difficult and overwhelming. This educational presentation is intended for those who have lost a friend or loved one and have moved through the immediate impact of grief. It will focus on a better understanding of grief and finding a path toward hope.

Monday, October 30, 2023 • 4pm - 5pm 
RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org

MEN OVERCOMING LOSS


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

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

 **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

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 - 7:30pm 
Various restaurants in Ann Arbor
RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org


Loss, Grief & Anxiety


Anxiety is a complex if all too common experience during bereavement and the grief process. Anxiety is a fear-based response that is experienced in the mind/body. It can be long or short-term. In this 4-week group support series, you will learn about anxiety, how and why it arises, the positive functions of anxiety and brain-based, mind-body approaches to self-care.

Every Wednesday, November 1- 22 • 5pm - 6:30pm 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org

Hope for the Holidays


This program is designed to offer support to those who are grieving the death of a loved one during a season of memories, family, and traditions. Specific strategies for handling special occasions and taking care of yourself during this emotionally laden season will be discussed.


Monday, November 6, 2023 • 6pm - 7:30pm 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org

Wednesday, December 13, 2023 • 6:30pm - 7:30pm 
RSVP with Cynthia Palmer • 248-334-1323 • cpalmer@hom.org

Grief 101

This educational meeting will provide attendees with important resources and information for those coping with the loss of a loved one. Grief 101 will explore what is normal during the grief process, strategies for coping, suggestions for self-care, and available community support. There will also be time for questions.

Sunday, October 8, 2023 • 2:30pm 
Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor
RSVP with Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.org

Thursday, September 14, 2023 • 6pm - 7:30pm 
RSVP with Karen Monts • 313-578-6326 • kmonts@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 - 12:30pm 
County Farm Park, 2230 Platt Rd., Ann Arbor
RSVP: Melissa McCreedy • 734-794-5127
mmccreedy@arborhospice.org

A TIME TO REMEMBER - MEMORIAL

This afternoon of remembrance begins with a stroll around the Arbor Hospice grounds and gardens where musicians will be playing. We will then gather for readings and a reflection. Participants are welcome to bring a photo or sentimental item representative of your loved one that can be on display throughout the program. Following the program, you are invited to join us for a reception with refreshments.

Sunday, September 17, 2023 • 2pm 
Arbor Hospice office
2366 Oak Valley Dr., Ann Arbor
RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org