

Spring 2017 Grief Support Groups

Washtenaw, Livingston, Jackson and Lenawee counties



About Our Grief Support Groups

Arbor Hospice understands the significance of losing a loved one and the impact it can have on an individual. Our grief support services staff consists of Masters-level clinicians who are specially trained to work with grief-related issues. We offer a variety of support groups and programs throughout the year.

Six- and eight-week support groups that meet regularly include **Adult Loss of a Parent, Loss of Spouse or Partner, and Moving Through Grief: General Loss**. Other groups, such as **Loss of a Child**, are offered periodically as well.

LIVING ON

These are on-going groups where grief and loss topics are addressed as they arise, depending upon the interests of those attending the group. The focus of these groups is to express feelings and experiences related to the loss in a supportive, caring and non-judgmental environment.

LOSS SPECIFIC PROGRAMS AND GRIEF SEMINARS

These are usually one-day grief support programs which focus on a specific loss experience or topic. They provide an opportunity to learn as well as receive supportive guidance.

PLEASE NOTE: groups will be cancelled due to inclement weather when public schools and their activities are closed/ cancelled within the area where the group is held or when there is a severe weather warning.

Registration is required for all groups unless indicated.

Additional Programs

In addition to support groups, Arbor Hospice offers grief-based programs throughout the year. These include:

Grief 101 - A one-hour program that provides information and resources for bereaved individuals.

Memorial Gathering - An opportunity to honor loved ones who have died.

Holiday Workshops - A program helping prepare people for the holidays without loved ones.

Memory Books - An ongoing program where individuals can bring in their photos to create a memorial scrapbook of their loved ones.

Lunch Bunch and Dinner Diners - Social groups for widows and widowers.

GENERAL LOSS SUPPORT GROUP

ANN ARBOR

8 consecutive Tuesdays: April 25 - June 13

1 - 2:30pm

Glacier Hills

1200 Earhart Rd

To register call Karma Basha, 734.794.5106

This group is open to anyone who has lost a loved one. In order to maintain continuity, no new members will be allowed to join after the second meeting. Limited to 10 participants. Please call early to ensure a spot in the group.

LIVING ON

ANN ARBOR

2nd and 4th Mon. of each month, 6:30-8pm

Hospice Office

555 Briarwood Cr., Ste. 140

To register call Margie Martin: 734.769.5821

SHINE ON - REMEMBERING OUR LOVED ONES THROUGH ART

MILAN

Tues., May 30, 2017, 2 pm

Milan Senior Center

45 Neckle Ct.

To register call Margie Martin: 734.769.5821

Join us for an afternoon of creating. We will be crafting a memorial candle holder for you to make and take home. Space is limited.

LOSS OF SPOUSE OR PARTNER

These groups are open to anyone who has lost a partner or spouse. In order to maintain continuity, no new members will be allowed to join after the second meeting. Limited to 10 participants. Please call early to ensure a spot in the group.

ANN ARBOR

8 consecutive Thursdays, April 13 - June 1

7 - 8:30 pm

Hospice Office

555 Briarwood Cr., Ste. 140

To register call Karma Basha, 734.794.5106

ANN ARBOR

8 consecutive Wednesdays, April 12 - May 31

1 - 2:30 pm

St. Nicholas Greek Orthodox Church

3109 Scio Church Rd.

To register call Cathy Hing, 734.794.5127

GRIEF 101: WHAT TO EXPECT WHEN GRIEVING

ANN ARBOR

Tuesday April 4, 2017, 7-8:30 pm

Pittsfield Library

2359 Oak Valley Dr.

To register call Gabrielle Cullen,

734.794.5375

Grief 101 will help examine what is normal during the grief process, strategies for coping, suggestions for self-care, and what support is available to you. An RSVP is appreciated.

LOSS OF A CHILD

ANN ARBOR

8 consecutive Tuesdays: April 11-May 30

7 - 8:30 pm

Hospice Office

555 Briarwood Cr., Ste. 140

To register call Cindy Palmer: 734.794.5177

Open to anyone who has lost a child or grandchild. In order to maintain continuity, no new members will be allowed to join after the second meeting. Group is limited to 8 participants, so please call early to ensure a spot in the group.

ADULT LOSS OF PARENT

ANN ARBOR

8 consecutive Wednesdays, April 12-May 31

7 - 8:30 pm

Hospice Office

555 Briarwood Cr., Ste. 140

To register call Gabrielle Cullen, 734.794.5375

This group is open to anyone who has lost a parent. In order to maintain continuity, no new members will be allowed to join after the second meeting. Group is limited to 10 participants, so please call early to ensure a spot in the group.

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Spring-Summer 2017 Grief Support Groups

Washtenaw, Livingston, Jackson and Lenawee counties

WALKING THROUGH GRIEF

ANN ARBOR

2nd Saturday of each month, 2 - 3 pm

Various Ann Arbor Parks

To register call Margie Martin, 734.794.5821

The death of a loved one can bring on many reactions, including a desire to isolate yourself or a lack of motivation to take part in physical activity. This is a monthly social group, which will take place in various parks in the Ann Arbor area. This is an opportunity for griever to socialize while getting fresh air and exercise. All activity levels are welcome and individuals can walk at their own pace.

MEAL-CENTERED SOCIAL GROUPS

Arbor Hospice offers three social groups for individuals who have lost a spouse or partner and are interested in sharing a meal together.

Each 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 or widowers, please contact us for more information.

REGISTRATION REQUIRED.

Please note: Each member is responsible for their own meal.



THE LUNCH BUNCH

ANN ARBOR

3rd Tuesday of each month
11:30am

Please call for location information

To register call Cindy Palmer, 734.794.5177

THE DINNER DINERS

ANN ARBOR

4th Wednesday of each month, 6 pm

Please call for location information

To register call Cindy Palmer, 734.794.5177

WORKING AGE DINNER GROUP

ANN ARBOR

1st Thursday of each month, 6 pm

Please call for location information

To register call Cindy Palmer, 734.794.5177



Friday, Aug. 4, 2017, 9am - 4pm

Camp Good Grief is a free 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. For information call Cindy Palmer, 734-794-5177.

**Located at YMCA Camp Ohiyesa,
7300 Hickory Ridge Rd., Holly, Michigan**



Camp Good Grief