

Fall 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.

LIVING-ON

ANN ARBOR

2nd and 4th Monday of each month
6:30-8 pm
Arbor Hospice
2366 Oak Valley Dr.
To register call Margie Martin:
734.769.5821

A series of ongoing groups where grief and loss topics are addressed as they arise, depending on the interests of those attending the group.

LOSS OF A CHILD

ANN ARBOR

8 consecutive Wednesdays:
Sept 20 - Nov 8
7 - 8:30 pm
Arbor Hospice
2366 Oak Valley Dr.
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.

LOSS OF SPOUSE OR PARTNER

ANN ARBOR - Evening group

8 consecutive Tuesdays:
Sept 19 - Nov 7, 2017, 7 - 8:30 pm
Arbor Hospice
2366 Oak Valley Dr.
To register call Karma Basha,
734.794.5106

ANN ARBOR - Afternoon group

8 consecutive Wednesdays:
Sept 20 - Nov 8, 1 - 2:30 pm
Arbor Hospice
2366 Oak Valley Dr.
To register call Cathy Hing, 734.794.5127

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

Sunday, August 27, 2017, 2 - 3:30 pm
Malletts Creek Library
3090 E. Eisenhower Parkway
To register call Gabrielle Cullen,
734.794.5375

Ron Gries wrote during the last years of his wife Patty's life and continued after she died. That writing turned into a book, "Through Death to Life," offering insight and support to those who grieve the loss of a spouse.

ADULT LOSS OF PARENT

ANN ARBOR

8 consecutive Thursdays: Sept 21 - Nov 9
7 - 8:30 pm
Arbor Hospice
2366 Oak Valley Dr.
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.

GRIEF 101: WHAT TO EXPECT WHEN GRIEVING

ANN ARBOR

Monday, Oct 23, 2017,
7 - 8:30 pm
Pittsfield Library
2359 Oak Valley Drive
To register call Gabrielle Cullen,
734.794.5375

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

(over)

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KNIT TOGETHER

ANN ARBOR

4th Tues. of month beginning Sept. 2017
2 - 3:30 pm

Arbor Hospice

2366 Oak Valley Dr.

To register call Gabrielle Cullen,
734.794.5375

This group for adults that combines knitting/crocheting with grief support. Bring whatever project is currently on your needles or in your heart. We will provide a safe and compassionate space for you to talk about your loss as you craft through your grief with others.

WALKING THROUGH GRIEF

ANN ARBOR

2nd Saturday of each month, 2 - 3 pm

Various Ann Arbor Parks

To register call Karma Basha,
734.794.5106

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. It is an opportunity 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.



THE LUNCH BUNCH

3rd Tuesday of each month, 11:30am

Please call for location information

To register call Cindy Palmer,
734.794.5177

THE DINNER DINERS

4th Wednesday of each month, 6 pm

Please call for location information

To register call Cindy Palmer,
734.794.5177

WORKING AGE DINNER GROUP

1st Thursday of each month, 6 pm

Please call for location information

To register call Cindy Palmer,
734.794.5177

PLEASE NOTE: Each member is responsible for their own meal.

MEMORIAL SERVICE: A TIME TO REMEMBER

ANN ARBOR

Sunday, September 24, 2017

2pm Garden Walk, 2:30 Memorial Service

Arbor Hospice

2366 Oak Valley Dr.

To register call Cindy Palmer:
734.794.5177

The staff of Arbor Hospice invites you, your family and friends to honor the memory of your loved one at our annual Memorial Service. The event will include a peaceful walk around the gardens followed by a formal service. Light refreshments will be served following the program. Please bring a photo of your loved one to include on our memorial table. RSVP is appreciated.

LOSS OF A SPOUSE

ANN ARBOR

Sunday, August 27, 2017, 2 - 3:30 pm

Malletts Creek Library

3090 E. Eisenhower Parkway

To register call Gabrielle Cullen,
734.794.5375

Guest speaker, Ron Gries, will share excerpts from his book, *From Death To Life*.

There is help...

Arbor Hospice offers a wide range of grief support services throughout the state, such as grief and loss support groups 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 for a complete listing or call 888-992-2273 for more information.