



## UPCOMING EVENTS GRIEF SUPPORT SERVICES

### Memory Books for Adults, Children, and Families

2<sup>nd</sup> Saturday of each month beginning March 13, 2010  
1-3pm

Do you have photos of your loved one and aren't sure what to do with them? Do you need help organizing them in a fun and creative way? Bring your photos in to Arbor Hospice and make a memory book! We will provide all of the materials for you to create beautiful and meaningful pages; all you need to bring are your photos. This program is open to adults and children and no previous experience is necessary. This program is funded by Kiwanis Club of Ann Arbor.

For more information or to RSVP, please contact Grief Support at (734) 794-5460 or email [mschultz@arborhospice.org](mailto:mschultz@arborhospice.org)

### Workshops for One: Personal Finance

Saturday, March 27, 2010  
1:30-3pm

This workshop in March will focus on handling finances, working on personal budgets, managing credit cards, housing issues, retirement, and more. A financial advisor will be on hand to answer questions.

This workshop will be held at Arbor Hospice, 2366 Oak Valley Dr, Ann Arbor MI 48103. Please call Grief Support at 734.794.5375 or email [ghaynes@arborhospice.org](mailto:ghaynes@arborhospice.org) for more information.

### New Horizons Group

This is an ongoing grief support and social group for widowed men and women 60+ in the Downriver area. This group meets the first Friday of each month for lunch at 12 noon at various restaurants.

For more information, please call Vicki at 734.656.0031 or email [vcampbell@arborhospice.org](mailto:vcampbell@arborhospice.org)

### Grief 101

*What to Expect when Grieving*  
Tuesday, March 23, 2010 7-8pm

This one-hour educational meeting will provide you with the resources and information you are looking for when coping with the loss of a loved one. 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. There will also be time for questions at the end.

Grief 101 will be held at Arbor Hospice, 2366 Oak Valley Dr, Ann Arbor MI 48103. Please contact Grief Support at 734.794.5375 or [ghaynes@arborhospice.org](mailto:ghaynes@arborhospice.org).

### Memory in the Mirror

*A Workshop for Women  
who have Experienced the Death of their Mother or Father*

This workshop will emphasize ways to make our mothers and fathers a part of the legacy we create in our own lives. Please call or e-mail to register by Monday, April 19; *session may be cancelled if there are less than five registrants.*

#### Ann Arbor Branch

Sunday, April 25 2-3:30pm

Ann Arbor District Library  
Mallets Creek Branch  
3090 E. Eisenhower Pkwy  
Ann Arbor MI 48103

Please call 734.794.5375 or email [info@arborhospice.org](mailto:info@arborhospice.org) to register or for more information on the Ann Arbor program.

#### Plymouth Branch

Tuesday, April 27  
7-8:30pm

Arbor Hospice  
40500 Ann Arbor Rd. E, Ste 102  
Ste. 102  
Plymouth MI 48170

#### Downriver Branch

Sunday, May 2  
2-3:30pm

Arbor Hospice  
21647 Allen Rd  
Woodhaven MI 48183

Please call Vicki at 734.656.0031 to register or for more information about the Plymouth or Downriver programs.



## SPRING 2010 GRIEF SUPPORT PROGRAMS

**All groups are limited to 12 participants. Please call early to register to ensure a spot in the group.**

### **ANN ARBOR (Please note: all groups are eight weeks long)**

Adult Loss of Parent	Monday	7-8:30pm	April 12- June 7
Men's Loss	Monday	7-8:30pm	April 12- June 7
Child Loss	Tuesday	7-8:30pm	April 13- June 1
Loss of Spouse or Partner	Wednesday	10-11:30am	April 14- June 2
Loss of Spouse or Partner	Wednesday	7-8:30pm	April 14- June 2
General Loss	Thursday	7-8:30pm	April 15- June 3

LOCATION: ARBOR HOSPICE, 2366 OAK VALLEY DR., ANN ARBOR, 48103.  
TO REGISTER OR FOR MORE INFORMATION: PLEASE CALL GRIEF SUPPORT AT 734.794.5375  
(TOLL-FREE 888.992.2273 x375) OR EMAIL [INFO@ARBORHOSPICE.ORG](mailto:INFO@ARBORHOSPICE.ORG)

### **WESTERN WAYNE (Please note: this group is eight weeks long)**

Loss of a Spouse or Partner	Thursday	10-11:30am	April 15- June 3
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LOCATION: ARBOR HOSPICE, 40500 ANN ARBOR RD. E., STE. 102, PLYMOUTH, 48170  
TO REGISTER OR FOR MORE INFORMATION: PLEASE CALL VICKI AT 734.656.0031  
OR EMAIL [VCAMPBELL@ARBORHOSPICE.ORG](mailto:VCAMPBELL@ARBORHOSPICE.ORG)

### **DOWNRIVER (Please note: this group is eight weeks long)**

General Loss	Monday	7 – 8:30pm	April 12-June 7
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LOCATION: ARBOR HOSPICE, 21647 ALLEN RD, WOODHAVEN, 48183 TO REGISTER OR FOR MORE  
INFORMATION: PLEASE CALL VICKI AT 734.656.0031  
OR EMAIL [VCAMPBELL@ARBORHOSPICE.ORG](mailto:VCAMPBELL@ARBORHOSPICE.ORG)