

# JOIN US

## Virtual Support Groups



Providing bereavement support to the communities we support remains a priority during COVID-19. While we have temporarily suspended our face-to-face support groups, Arbor Hospice is pleased to offer several opportunities to join virtual grief support groups to help keep you connected and supported during these uncertain times. Virtual groups provide a beneficial option to many.

Joining a virtual group is very simple – you can join by phone or by computer.

Please feel free to join any of the virtual support group options – you are welcome to join more than one. Please contact the Grief Support Services Manager leading the group you would like to attend. They will provide you with the information needed to participate.

We recognize that these challenging times can impact our grief and hope you will consider attending.



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### *Living On*

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

**2nd Monday of the month | 6:30pm - 7:30pm**

**RSVP with Margie Martin at 734-769-5821 | mmartin@arborhospice.org**

### *Living On – Young Adults*

An open, ongoing, monthly group for people in their 20s and 30s. Facilitated by Arbor Hospice and Hospice of Michigan Grief Counselors.

**1st Monday of the month | 6pm - 7:15pm**

**RSVP with Naomi Avril at 734-794-5177 | navril@arborhospice.org**

### *Living On – Loss from COVID*

A grief support group for people who have experienced a death of a loved one from COVID. This group will meet monthly to discuss topics of grief and loss in a supportive, caring, and non-judgmental environment. Facilitated by Arbor Hospice and Hospice of Michigan Grief Counselors.

**3rd Wednesday of the month (starts April) | 6pm - 7:15pm**

**RSVP with Margie Martin at 734-769-5821 | mmartin@arborhospice.org**

### *Men Overcoming Loss*

This online support group is for men who are dealing with the death of a loved one. Join virtually with men across the state from your computer or mobile device.

**1st Tuesdays of the month | 6pm - 7:30pm**

**3rd Tuesdays of the month | 6pm - 7:15pm**

**RSVP with Will Gasper at 231-444-3350 | wgasper@hom.org**

**or Wes Lawton at 586-263-8514 | wlawton@hom.org**

### *Group 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 find ways through special days are a few of the challenges you will face. In this support group, you will meet others who have experienced this type of loss and you will receive education regarding the grief process and participate in conversations for healing. Please register early. Space is limited.

**Day: Every Wednesday; April 14th - May 19th | 3pm - 4:15pm**

**RSVP with Margie Martin at 734-769-5821 | mmartin@arborhospice.org**

**Evening: Every Wednesday; April 14th - May 19th | 6pm - 7:15pm**

**RSVP with Gabrielle Cullen at 734-794-5375 | gcullen@arborhospice.org**

### *Group Series – 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 program will provide education on the grief process, and facilitate conversations focused on sharing of feelings, experiences, and coping strategies.

**Evening: Every Tuesday; April 13th - May 18th | 6pm - 7:15pm**

**RSVP with Melissa McCreedy at 734-794-5127 | mmccreedy@arborhospice.org**

**or**

**Day: Every Thursday; April 15th - May 20th | 12pm - 1:15pm**

**RSVP with Naomi Avril at 734-794-5177 | navril@arborhospice.org**

### *Social Mealtime Group - Working Age Dinner Group & Dinner Diners*

Arbor Hospice offers two virtual social groups for individuals who have lost a spouse or partner and are interested in sharing a meal together. Please join us virtually, in the comfort of your own kitchen or dining room, to enjoy your meals as we meet. Please contact us for more information.

**Working Age Dinner Group: 1st Thursday of the Month | 6:30pm - 7:30pm**

**Dinner Diners: 2nd Thursday of the Month | 6:30pm - 7:30pm**

**RSVP with Margie Martin at 734-769-5821 | mmartin@arborhospice.org**

### *Seminar – Parental Grief*

This one time seminar is open to all parents who are grieving the loss of a child. Mr. and Mrs. Clifford Denay will describe their grief journey as they mourned the death of their adult son.

**Tuesday, May 4th | 1pm - 2pm**

**RSVP with Will Gasper at 231-444-3350 | wgasper@hom.org**