

JOIN US

Virtual Support Groups



Arbor Hospice is sensitive to the current outbreak of Novel Coronavirus (COVID-19) and the anxiety that you may be feeling. The safety of our patients, families, volunteers and staff is our priority.

It is also our priority to continue to provide bereavement support to the communities we serve.

While we have temporarily suspended our face-to-face support groups, we are pleased to offer several opportunities to join virtual grief support groups to help keep you connected and supported during these uncertain times.

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.



ARBOR
HOSPICE

888-992-CARE
arborhospice.org

Self Care: Coping with Fear, Isolation, & Adversity

This brief weekly virtual meeting will provide education, guide you on specific techniques, provide interactive activities, and allow sharing. All are welcome. Led by our team of Grief Counselors.

Every Thursday | 2:00pm – 2:45pm

Contact Margie Martin at 734.769.5821

Living On Grief Support Group

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

Contact Margie Martin at 734.769.5821

We are glad to be able to offer you our **Spring 2020 Loss Specific Group Series** virtually.

Loss of Spouse - Daytime

Wednesday Afternoons

April 22 - May 27 | 2:00pm - 3:00pm

Contact Cathy Hing at 734.794.5127

Loss of Spouse - Evening

Tuesday Evenings

April 21 - May 26 | 6:30pm - 7:30pm

Contact Gabrielle Cullen at 734.794.5375

Loss of Parent - Evening

Wednesday Evenings

April 22 - May 27 | 6:30pm - 7:30pm

Contact Naomi Avril at 734.794.5177

Hope After Loss Seminar

Wednesday, June 3rd | 7:00pm - 8:00pm

Contact Margie Martin at 734.769.5821

General Loss Series (until June 2020)

2nd Thursday of every month | 12:30pm – 1:30pm

Contact Karen Monts at 313.578.6326

Men Overcoming Loss

3rd Tuesdays of the month at 6:00pm

RSVP with Will Gasper at 231.444.3350