

JOIN US

Grief Journey Program Support Groups



Providing bereavement support to the communities we support remains a priority as we continue to face the impact of COVID-19. 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.

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.

We are also glad to offer the return of some face-to-face opportunities in some areas. Safety measures will be in place for all in-person groups if you wish to participate.

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.



888-992-CARE • arborhospice.org

ONGOING SUPPORT GROUPS

Living On (In-Person or Zoom)

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 - 8:00pm

**Location: Arbor Hospice, 2366 Oak Valley Dr., Ann Arbor or Zoom
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 meets 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 | 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**



SUPPORT GROUP SERIES

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 receive education regarding the grief process and participate in conversations for healing. Please register early. Space is limited.

Day: Every Tuesday; Sept. 14th - Oct. 19th | 2pm – 3:15pm

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

Evening: Every Wednesday; Sept. 15th - Oct. 20th | 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 provides education on the grief process, and facilitate conversations focused on sharing of feelings, experiences, and coping strategies.

Evening: Every Thursday; Sept. 16th - Oct. 21st | 6pm – 7:15pm

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

Care Mapping Series

Who are your supports, what affects your mood, how can you best practice self-care while grieving? It is not always easy to answer these questions, but in using tools to help you observe and visualize your supports and environment, we hope to compassionately assist you in answering them.

4 Thursdays: September 16 – October 7 | 6pm - 7pm

Facilitated by Jen Norber and Karen Monts

RSVP with Karen Monts at 313-578-6326 | kmonts@hom.org

SEMINARS

Seminar with Ron Gries, Author of “Through Death to Life”

Hear Ron's authentic and hopeful story of living through his wife's illness and death, and of his grieving and healing. Ron will share excerpts of his book and discuss how writing helped him on his journey.

Tuesday, September 21 | 12pm - 1pm

RSVP with Kijrsten Boeve at 231-929-1557 | kboeve@hom.org

Seminar – Grief 101

This educational meeting provides attendees with important resources and information for those coping with the loss of a loved one. Grief 101 explores what is normal during the grief process, strategies for coping, suggestions for self-care, and available community support. Registration is required. This program is offered both in-person and online via Zoom.

Wednesday, November 10th | 6pm – 7:15pm

Location: Arbor Hospice, 2366 Oak Valley Drive, Ann Arbor

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

Grief After Dementia - Caregiver Support Group

For anyone who has lost someone to Alzheimer's Disease or other type of dementia. In partnership with Alzheimer's Association Michigan Chapter.

2nd Tuesdays of the month (starting September) | 6:30pm - 7:30pm

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

Social Mealtime Group - Working Age Dinner Group & Dinner Diners

Arbor Hospice offers two meal-centered social groups - The Dinner Diners and a Working Age Dinner Group - 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 and widowers, please contact us for more information.

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

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

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