

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.

Men Overcoming Loss

3rd Tuesday of the month • 6pm - 7pm

**RSVP to Will Gasper at 231.444.3350 | wgasper@hom.org
or to Wes Lawton at 586.263.8514 | wlawton@hom.org**

Living On

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

RSVP to Margie Martin at 734.769.5821 | mmartin@arborhospice.org

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-judgemental environment.

Loss of Spouse or Partner

Tuesday evenings: September 15 - October 20, 2020 • 6pm – 7pm

RSVP to Gabrielle Cullen at 734.794.5375 | gcullen@arborhospice.org

Wednesday afternoons: September 16 - October 21, 2020 • 3pm – 4pm

RSVP to Margie Martin at 734.769.5821 | mmartin@arborhospice.org

This group is 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.

Adult Loss of a Parent

Wednesdays: September 16 - October 21, 2020 • 6pm – 7pm

RSVP to Naomi Avril at 734.794.5177 | navril@arborhospice.org

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. Limited to 10 participants. Please call early to ensure a spot in the group.

Lunchtime with Ron Gries - Author of "Through Death to Life"

Tuesday, October 13, 2020 • 12pm - 1pm

RSVP to Karen Monts at 313.578.6326 | kmonts@hom.org

Chronicles his journey through the suffering and death of his wife and his healing. Ron will share excerpts and discuss how writing helped him in his journey.

Social Mealtime Group

RSVP to Margie Martin at 734.769.5821 | mmartin@arborhospice.org

We temporarily suspended the in-person groups and look forward to meeting in person again in the near future. Until then, please join us virtually, in the comfort of your own kitchen or dining room, to enjoy your lunch or dinner as we meet.

- ***Working Age Dinner Group***
1st Thursday of each month • 6:30pm – 7:30pm
- ***Dinner Diners***
2nd Thursday of each month • 6:30pm – 7:30pm
- ***The Lunch Bunch***
3rd Tuesday of each month • 11:30am – 12:30pm

Arbor Hospice offers three social groups for individuals who have lost a spouse or partner and are interested in sharing their experiences together. Each group meets monthly. If you are interested in meeting some new friends and sharing some time with widows or widowers, please contact us for more information.

REGISTRATION IS REQUIRED.



888-992-CARE
arborhospice.org