

Support For Your Grief Journey



Providing bereavement support to the communities we support remains a priority as we continue to abide by COVID-19 safety protocols. 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*. 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.

ONGOING SUPPORT GROUPS

Living On (In-Person or Virtual)

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 loss in a supportive, caring, and non-judgmental environment.

2nd Monday of the month | 6:30pm - 8:00pm

Arbor Hospice, 2366 Oak Valley Dr., Ann Arbor or Zoom
RSVP with Margie Martin • 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 • 734-794-5177
navril@arborhospice.org

Living On - Loss from COVID

A support group for people who have experienced the death of a loved one from COVID-19. This group meets monthly to discuss topics of grief and loss in a supportive, caring, and non-judgmental environment. Facilitated by grief counselors from Arbor Hospice and Hospice of Michigan.

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

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

MEN OVERCOMING LOSS GROUPS

These online support groups are designed for men who are dealing with the death of a loved one. Join virtually with men from your computer or mobile device.

Men Overcoming Loss: General

Designed for men grieving any type of loss.

1st Tuesday of the month (starting Feb 1, 2022) | 6:00pm-7:30pm

RSVP with Will Gasper • 231-444-3350
wgasper@hom.org

Men Overcoming Loss: Grieving Dads

1st Wednesday of the month | 6:00pm-7:30pm

RSVP with David Keller • 231-527-0913
dkeller@hom.org

Men Overcoming Loss: Partner/Spouse

3rd Tuesday of the month | 6:00pm-7:30pm

RSVP with Wes Lawton • 586-263-8514
wlawton@hom.org

GRIEF AFTER DEMENTIA

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

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

RSVP with Carly Whetstone • 616-443-2581
cwhetstone@hom.org



888-992-CARE • arborhospice.org

*Groups are virtual unless otherwise noted.

SUPPORT 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 finding ways through special days are a few of the challenges you will face. In this group, you will meet others who have experienced this type of loss. Arbor Hospice Grief Journey Managers will provide education regarding the grief process and facilitate conversations for healing. Please register early. Space is limited.

**Every Thursday; Jan. 20, 2022 thru Feb. 24, 2022
12pm – 1:15pm**

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

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 six-part program will provide education on the grief process and will facilitate conversations focused on sharing of feelings, experiences and coping strategies.

**Every Thursday; Jan. 20, 2022 thru Feb. 24, 2022
6pm – 7:15pm**

RSVP with **Melissa McCreedy • 734-794-5127**
mmcreeedy@arborhospice.org

SEMINARS

Seminar-Grief 101

This educational meeting provides 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.

Thursday, January 13, 2022 | 2:30pm - 3:45pm

RSVP with **Jackie Morris • 313-578-6328**

jmorris@hom.org

or **Cindy Palmer • 248-334-1323**

cpalmer@hom.org

Winter Warmth: A Reflection on Legacy

The cold and gray often makes it difficult to grieve during the winter months. This seminar is designed to help you learn more about the importance of cherishing your memories and will focus on how carrying on your loved one's legacy can help in your healing.

Sunday, January 23, 2022 | 3pm - 4pm

RSVP with **Margie Martin • 734-769-5821**

mmartin@arborhospice.org

Healing Hearts: Coping with Valentine's Day

This program is designed to offer support to those grieving the death of a spouse or partner. We will exchange ideas on how to approach the Valentine's Day Holiday. Suggestions for how to cope with the grief of losing your love and life partner will be discussed.

Sunday, February 13, 2022 | 2:30pm - 3:30pm

RSVP with **Naomi Avril • 734-794-5177**

navril@arborhospice.org

Journaling 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 his journey.

Sunday, March 20, 2022 | 3pm - 4pm

RSVP with **Melissa McCreedy • 734-794-5127**

mmcreeedy@arborhospice.org

SOCIAL MEALTIME GROUPS

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

RSVP with **Margie Martin • 734-769-5821**

mmartin@arborhospice.org

Dinner Diners

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

RSVP with **Margie Martin • 734-769-5821**

mmartin@arborhospice.org

GRIEF IS LOVE LOST

Short audio sessions to help you navigate your grief journey. Hosted by Dr. John Canine and Eli Zaret.

Grief isn't curable. But over time and with productive attention to our grief, we learn to manage it, and acquire the strength, vigilance and courage to embrace a goal of hope and happiness.

Grief is Love Lost is a caring companion to Arbor Hospice's Grief Journey Program. These short audio sessions can be helpful before, during and after the loss of a loved one.

Visit www.arborhospice.org/grief-is-love-lost/ to learn more.

