

WINTER 2019 GRIEF SUPPORT PROGRAMS

Washtenaw, Livingston, Jackson and Lenawee counties



About Our Grief Support Groups

Arbor Hospice understands the significance of losing a loved one and the impact it can have on an individual. Our grief support services staff consists of Masters-level clinicians who are specially trained to work with grief-related issues. We offer a variety of support groups and programs throughout the year.

Eight-week support groups that meet regularly include **Adult Loss of a Parent, and Loss of Spouse or Partner**. Other groups, such as **Loss of a Child**, are offered periodically as well.

LIVING ON

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

LOSS SPECIFIC PROGRAMS AND GRIEF SEMINARS

These are usually one-day grief support programs which focus on a specific loss experience or topic. They provide an opportunity to learn as well as receive supportive guidance.

PLEASE NOTE: groups will be cancelled due to inclement weather when public schools and their activities are closed/cancelled within the area where the group is held or when there is a severe weather warning.

Registration is required for all groups unless indicated.

Additional Programs

In addition to support groups, Arbor Hospice offers grief-based programs throughout the year. These include:

Grief 101 A one-hour program that provides information and resources for bereaved individuals.

Memorial Gathering An opportunity to honor loved ones who have died.

Holiday Workshops A program helping prepare people for the holidays without loved ones.

Memory Books An ongoing program where individuals can bring in their photos to create a memorial scrapbook of their loved ones.

Lunch Bunch and Dinner Diners Social groups for widows and widowers.

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 seeks a new identity. Taking on new roles, dealing with loneliness, and finding a way through holidays and other special days are a few of the challenges you will face. In the Loss of Spouse or Partner support group, you will meet others who have experienced this type of loss. Arbor Hospice Grief Support Services Managers will provide education regarding the grief process and facilitate conversations for healing. Please register early because space is limited. Note: in order to maintain continuity, new attendees will not be allowed to join after the second meeting. Registration is required.

Wednesdays, January 23rd - February 27th
1:30 - 3:00 pm

Arbor Hospice Home Office
2366 Oak Valley Drive, Ann Arbor

Contact Cathy Hing at 734-794-5127 to register.

Tuesdays, January 22nd - February 26th
6:30 - 8:00 pm

Arbor Hospice Home Office
2366 Oak Valley Drive, Ann Arbor

Contact Gabrielle Cullen at 734-794-5375 to register.

ADULT LOSS OF PARENT

Tuesday Evenings, January 22nd - February 26

6:30 - 8:00 pm

Arbor Hospice Home Office
2366 Oak Valley Drive, Ann Arbor

Contact Margie Martin at 734-769-5821 to register.

When you lose your parent as an adult, there is much to do: contact family, organize a funeral, and go through parents belongings. David Kessler, founder of grief.com writes, "The reality is you are swept up in the busy-ness and then in about three months to a year it really hits... And it's usually about that time where their support has moved on". If you feel the need of a little extra support, please come to the Loss of Parent group, facilitated by Grief Support Services Manager Margie Martin. Margie will provide education on the grief process, and facilitate conversations focused on the sharing of feelings, experiences, and coping strategies. In order to maintain continuity, no new members will be allowed to join after the second meeting. *Registration is required.*

MEMORY BOOKS

Wednesday, January 23rd

6:00 - 8:00 pm

Arbor Hospice Home Office
2366 Oak Valley Drive, Ann Arbor

Contact Margie Martin at 734-769-5821 to register.

Please join Arbor Hospice for a drop-in session to create a memorial photo book. Just bring photos of your loved one and Arbor Hospice will provide everything else you need to create a unique and meaning memory book.

COPING WITH GRIEF

Sunday, February 17th
2:00 - 3:30 pm

Westgate Branch Library
2503 Jackson Ave., (In Westgate Shopping Mall)
Ann Arbor

Contact Cindy Palmer at 734-794-5177 to register.

Ron Gries wrote during the last years of his wife's life and continued after she died. That writing later turned into a book, "Through Death to Life," that offers insight and support to those who grieve the loss of their spouse. Ron provides hope and encouragement, sharing his difficult journey of recapturing his life from the ashes of grief and once again finding the wonder and joy in life. Please contact Cindy Palmer to register.

LIVING-ON

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

Arbor Hospice Home Office
2366 Oak Valley Drive, Ann Arbor

To register contact Margie Martin at 734-769-5821

This is an on-going group where grief and loss topics are discussed as they arise, depending on the interest 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 with the guidance of a grief counselor.

Continued

THE LUNCH BUNCH

3rd Tuesday of Each Month
11:30 am

Various Ann Arbor Restaurants

Contact Cindy Palmer at 734-794-5177 for more information.

The Lunch Bunch is a social group for those who have lost a spouse or partner and would like to share a meal together at an Ann Arbor restaurant. Please contact us for more information.

Note: Each member is responsible for the cost of their own meal.

THE DINNER DINERS

4th Wednesday of Each Month
6:00 pm

Various Ann Arbor Restaurants

Contact Cindy Palmer at 734-794-5177 for more information.

The Dinner Diners is a social group for those who have lost a spouse or partner and would like to share a meal together at an Ann Arbor restaurant. Please contact us for more information.

Note: Each member is responsible for the cost of their own meal.

WORKING AGE DINNER GROUP

1st Thursday of Each Month
6:00 pm

Various Ann Arbor Restaurants

Contact Cindy Palmer at 734-794-5177 for more information.

The Working Age Dinner Group is a social group for those who have lost a spouse or partner and would like to share a meal together at an Ann Arbor restaurant. This group is targeted at those who are still working age. Please contact us for more information.

Note: Each member is responsible for the cost of their own meal.

WALKING THROUGH GRIEF

The 2nd Saturday of Each Month
2:00 - 3:00 pm

Various Ann Arbor Parks

Contact Cathy Hing at 734-794-5127 for more information.

The death of a loved one can bring on many reactions, including a desire to isolate yourself, or a lack of motivation to take part in physical activity.

This is a monthly social group which will take place in various parks in the Ann Arbor Area. This is an opportunity for griever to socialize while getting fresh air and exercise. All activity levels are welcome and individuals can walk at their own pace. Please call for more information.

WINTER WARMTH—A REFLECTION ON LEGACY

Sunday, January 27th
2:00 - 3:00 pm

Arbor Home Office

2366 Oak Valley Drive, Ann Arbor

To register contact Margie Martin at 734-769-5821

The cold and gray of the winter months often make it a difficult time to grieve. The Winter Warmth program is a presentation on the healing aspects of cherishing our memories after loss. Participants will learn how carrying on your loved one's legacy can help in your healing. The program will be held fireside and will include light refreshments and warm beverages. Please contact Margie Martin to register.

Virtual Touch Programs

We know that sometimes a busy schedule, work or travel challenges may make it difficult to attend our live programs. Our Virtual Touch Programs are special webinars that you can be a part of right from your home or office.

The Love is Still There. Still my Valentine.

February 12 at 12:00pm and 7:00pm

For those who have lost a spouse or partner. Facilitated by Jacqueline Morris and Karen Monts, Grief Support Services Managers, Northstar Care Community.

Men Overcoming Loss

March 19 at 12:00pm and 7:00pm

Open to men who have experienced a loss, or for women supporting a man who is grieving. Facilitated by Wilbur Gasper, Grief Support Services Manager, Northstar Care Community.

Writing Through Loss

April 16 at 12:00pm

Facilitated by Kathryn Holl, Grief Support Services Manager, Northstar Care Community.

To register email cpalmer@arborhospice.org or call 734-794-5177.

A link to join the program will be available in January at www.arborhospice.org.