

JUNE-JULY 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. Six-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.

Registration is required for all groups unless indicated.

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.

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 Dinners Social groups for widows and widowers.

Virtual Touch Our Virtual Touch Programs are special webinars that you can be a part of right from your home or office.

FLY & REMEMBER: A SPECIAL MEMORIAL EVENT HOSTED BY ARBOR HOSPICE

June 15, 2019

11:30 - 12:30

Pioneer High School

601 W. Stadium Blvd, Ann Arbor

To register visit www.grievewell.com. Contact Margie Martin at 734-769-5821 for more information.

Remember the fond memories you shared with your loved one by personalizing and flying a kite in their honor. Arbor Hospice will provide all materials. All families who have experienced the loss of a loved one are welcome.

Participants are welcome to stay afterwords for GrieveWell's Kite Festival from 1-4 pm. Registration for both Fly & Remember and the Kite Festival is available at www.grievewell.com.

FINANCIAL LITERACY: HOW TO PLAN FOR LIFE'S UPS AND DOWNS

July 16, 2019

7:00pm - 8:30pm

Pittsfield Branch Library

2359 Oak Valley Drive

Contact Cynthia Palmer at 734-794-5177 to register

Please join Arbor Hospice as we present speaker Lou Morse from the Bank of Ann Arbor. Lou has been a Financial Literacy educator for many years, and has a passion for helping people navigate the financial storms of life. Lou will provide information to help bereaved families make sound financial decisions after the loss of a loved one. The presentation will last approximately an hour. Time will be allotted for questions and answers at the end of the program.

GRIEF 101

June 17, 2019

7:00pm - 8:30pm

Pittsfield Branch Library

2359 Oak Valley Drive

Contact Cindy Palmer at 734-794-5177 to register

This informative seminar will provide important resources and information for those faced with the loss of a loved one. Grief 101 will explore what is normal during the grief process, strategies for coping, suggestions for self-care, and available community support. There will also be time for questions and answers at the end of the seminar.

MEMORY BOOKS

July 24, 2019

6:00pm - 8:00pm

Arbor Hospice Home Office

2366 Oak Valley Drive

Contact Margie Martin at 734-769-5821 to register

This program meets seasonally and is available to anyone who has lost a loved one. Please bring your photographs. Arbor Hospice will provide a scrapbook and all the trimmings to create a unique and meaningful Memory Book. No scrapbooking experience is necessary!

CAMP GOOD GRIEF

August 9, 2019

YMCA Camp Ohiyesa,

7300 Hickory Ridge Rd., Holly

For more info contact Cindy Palmer at 734-794-5177

Camp Good Grief is a free camp for children ages 8-17 who have experienced the death of a loved one. The day combines fun and adventurous activities with grief education and emotional support facilitated by grief professionals and trained volunteers. Lunch and snacks provided. Applications are available at <http://hom.convio.net/camp> and are due by June 28, 2019

Meal-Centered Social Groups

Arbor Hospice offers three social groups 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. Registration is required.

To register or for more information, please contact Cindy Palmer at 734-794-5177.

Please note: Each member is responsible for their own meal.

THE LUNCH BUNCH

3rd Tuesday of Each Month starting at 11:30 am

THE DINNER DINERS

4th Wednesday of Each Month starting at 6:00 pm

WORKING AGE DINNER GROUP

June 6, July 11 and August 1st at 6:00 pm

This group is targeted at those who are still working age.