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 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.

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.

LIVING ON
2nd and 4th Monday of each month
6:30-8:00 pm
*This group will not meet on Memorial Day
Arbor Hospice Home Office
2366 Oak Valley Drive
To register call Margie Martin: 734.769.5821
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 these groups is to express feelings and experiences related to the loss in a supportive, caring and non-judgmental environment.

COPING WITH GRIEF WITH AUTHOR RON GRIES
Sunday, May 20, 2018
2 - 3:30 pm
Pittsfield Library
2359 Oak Valley Dr.
To register call Cathy Hing, 734.794.5127
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 re-capturing his life from the ashes of grief and once again finding the wonder and joy in life.

GRIEF 101: WHAT TO EXPECT WHEN GRIEVING
Monday, April 16, 2018
7 - 8:30 pm
Pittsfield Library
2359 Oak Valley Dr.
To register call Cindy Palmer, 734.794.5177
Grief 101 will help examine what is normal during the grief process, strategies for coping, suggestions for self-care, and what support is available to you. An RSVP is appreciated.

MEMORY BOOKS
Wednesday, May 23, 2018
6 - 8:00 pm
Arbor Hospice Home Office
2366 Oak Valley Drive
To register call Margie Martin: 734.769.5821
Please join Arbor Hospice for a drop-in session to create a memorial photo book. Just bring photographs of your loved one and Arbor Hospice will provide everything else you need to create a unique and meaningful Memory Book.

WALKING THROUGH GRIEF
2nd Saturday of each month, 2 - 3 pm
Various Ann Arbor Parks
To register call Karma Basha, 734.794.5106
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. It is an opportunity to socialize while getting fresh air and exercise. All activity levels are welcome and individuals can walk at their own pace.

FLY & REMEMBER MEMORIAL
Saturday, June 16, 2018
11:30am - 12:30 pm
Pioneer High School
601 W. Stadium Blvd.
To register call Margie Martin: 734.769.5821
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. To register call the number above. Participants are welcome to stay afterward for GrieveWell’s Kite Festival, which is 1-4p. Register for the Kite Festival is available at www.grievewell.com.

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.

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, please contact us for more information. Registration required. Please note: Each member is responsible for their own meal.

THE LUNCH BUNCH
3rd Tuesday of each month at 11:30am
Please call for location information.
To register call Cindy Palmer, 734.794.5177

THE DINNER DINERS
4th Wednesday of each month at 6:00 pm
Please call for location information.
To register call Cindy Palmer, 734.794.5177

WORKING AGE DINNER GROUP
1st Thursday of each month at 6:00 pm
Please call for location information.
To register call Cindy Palmer, 734.794.5177

Coming up on Friday, August 10, 2018 we are pleased to offer Camp Good Grief, a free camp for children ages 8-12 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. For information call Cindy Palmer, 734-794-5177. Lunch and snacks will be provided. Register at http://hom.convio.net/camp
Located at YMCA Camp Ohiyesa,
7300 Hickory Ridge Rd., Holly, Michigan