

# SPRING 2019 GRIEF SUPPORT GROUPS

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.

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

*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 otherwise.**

## 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.

**Virtual Touch** - Special webinars that you can be a part of right from your home or office.

### LOSS OF SPOUSE OR PARTNER

**Tuesdays, April 9 - May 14, 6:30 - 8pm**

Arbor Hospice Home Office

2366 Oak Valley Drive, Ann Arbor

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

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 a way through 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 experience 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. Space is limited. **Note: In order to maintain continuity, no new members will be allowed to join after the second meeting. Registration is required.**

**Wednesdays, April 10 - May 15, 1:30 - 3 pm**

Arbor Hospice Home Office

2366 Oak Valley Drive, Ann Arbor

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

See the description above.

### LIVING ON

**The 2nd Monday of Each Month, 6:30 - 8 pm**

Arbor Hospice Home Office

2366 Oak Valley Drive, Ann Arbor

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

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

### ADULT LOSS OF PARENT

**Tuesdays, April 9 - May 14**

**6:30 - 8 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 parent's belongings. If you feel the need of a little extra support, please join us. Margie Martin, Grief Support Services Manager, will provide education on the grief process, and facilitate conversations focused on sharing of feelings, experiences and coping strategies. **Note: In order to maintain continuity, no new members will be allowed to join after the second meeting. Registration is required.**

### GRIEF 101

**Monday, March 25th**

**7:00 - 8:30 pm**

Pittsfield Library

2359 Oak Valley Drive, Ann Arbor

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

This educational meeting will provide attendees with 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 workshop.

### WALKING THROUGH GRIEF

**The 2nd Saturday of Each Month  
2 - 3 pm**

Various Ann Arbor Parks

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

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 monthly social group takes place in various parks in the Ann Arbor Area. This is an opportunity for grievors to socialize while getting fresh air and exercise. All activity levels are welcome. Please call for more information.

### VIRTUAL TOUCH: COPING WITH THE SPRING HOLIDAY SEASON

**May 8 at 12pm and 7pm**

To register Contact Cindy Palmer at 734-794-5177

Coping with special days after the loss of a parent can be challenging. Please join us with other bereaved as we offer hope and information to cope with the Spring Holiday season.

### VIRTUAL TOUCH: WRITING THROUGH LOSS

**April 16 at 12pm**

To register Contact Cindy Palmer at 734-794-5177

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

*Continued*

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## 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 REQUIRED.**

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

### 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.

### THE DINNER DINERS

4th Wednesday of Each Month

6 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.

### WORKING AGE DINNER GROUP

1st Thursday of Each Month

6 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.

## Camp Good Grief

Coming up on **Friday, August 9, 2019** we are pleased to offer Camp Good Grief, 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. For information call Cindy Palmer, 734-794-5177. Lunch and snacks will be provided. Online registration is available at <http://hom.convio.net/camp>

Located at YMCA Camp Ohiyesa,  
7300 Hickory Ridge Rd., Holly, Michigan



*Camp Good Grief*