

FALL 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

EVENING GROUP:

Wednesdays, Sept 18 - Oct. 23

6:30 - 8 pm

Arbor Hospice Home Office

2366 Oak Valley Drive, Ann Arbor

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

DAYTIME GROUP:

Wednesdays, Sept 18 - Oct. 23

1:30 - 3 pm

Arbor Hospice Home Office

2366 Oak Valley Drive, Ann Arbor

Contact Cathy Hing at 734-794-5127 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.

MEMORY BOOKS

Wednesday, October 30

6 - 8 pm

Arbor Hospice Home Office

2366 Oak Valley Drive, Ann Arbor

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

Just bring photos of your loved one and Arbor Hospice will provide everything else you need to create a unique and meaningful Memory Book.

LIVING ON

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.

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.

WALKING THROUGH GRIEF

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 is a monthly social group which takes place at various parks in Ann Arbor and provides an opportunity for one to socialize while getting fresh air and exercise. All activity levels are welcome and individuals can walk at their own pace.

ADULT LOSS OF PARENT

Tuesdays, Sept 17 - Oct 22

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, October 14, 2019

7 - 8:30 pm

Pittsfield Township 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.

MEMORIAL GATHERING – A TIME TO REMEMBER

Sunday, September 22

2 pm - Garden Walk | 2:30 pm - Memorial Service

Arbor Hospice Home Office

2366 Oak Valley Drive, Ann Arbor

To register call Cindy Palmer, 734.794.5177

The staff of Arbor Hospice invites you, your family, and friends to honor the memory of your loved one at our annual Memorial Gathering. The event will include a peaceful walk around the grounds and gardens with an opportunity for reflection and remembrance, followed by a formal indoor memorial service.

Light refreshments will be served following the program.

See other side



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.

Virtual Connection – *Grief Support Groups*

We understand that a busy schedule, work or travel challenges may make it difficult to attend our live programs.

We are glad to offer our Virtual Touch Programs—webinars you can be a part of from your home or office.

To learn more or to RSVP call or email Cindy Palmer at cpalmer@arborhospice.org or 734-794-5177.

Men Overcoming Loss

An online support group for men who are dealing with a loss of any kind.

It meets on the 3rd Tuesday of the month starting **September 17, from 6 -7pm.**

Join virtually with men across the state from your home or office computer.

Facilitated by NorthStar Care Community Grief Support Services Managers

Will Gasper and Wes Lawson.

Writing Through Loss

On **September 23, 2019 at 6 pm EST**, we welcome *Writing Through Loss* expert **Kathryn Holl, MA, LPC.** Kathryn is a Grief Support Services Manager at NorthStar Care Community. Kathryn has more than 20 years of experience as an educator and counselor, providing support, teaching, and resources to individuals, family and community via counseling, professional educational workshops and memorial services. She co-developed *Writing Through Loss*, a poetry and writing program for bereaved individuals.

