

ANN ARBOR AREA

 In-Person Group

 Virtual Group

Arbor Hospice understands the significance of losing a loved one and the impact it can have on an individual and is pleased to offer – together with our partner Hospice of Michigan – a variety of in-person and virtual programming.

Whether participating in a group or seminar, Arbor Hospice’s trained grief counselors provide a safe and supportive environment to express feelings, better understand the grief process, and connect with others.

These services are offered at no charge and are available to any community member mourning the loss of a loved one.

Registration is required to attend all groups. The Grief Journey Manager leading the group or seminar will provide the information needed to participate.

Severe or inclement weather may cause the cancellation of some in-person groups. (i.e.: when area public schools cancel activities.)

Arbor Hospice abides by all COVID-19 health and safety protocols.

LIVING ON

The focus of Living On support groups is to express feelings and experiences related to the loss of a loved one in a supportive, caring, and non-judgmental environment. Grief and loss topics are addressed as they arise, depending on the interests of those attending the group.

2nd Monday of the month • 6:30pm - 8pm 

RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org

3rd Tuesday of the month • 6pm - 7:15pm 

Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor

RSVP with Melissa McCreedy • 734-794-5127 • mmccreedy@arborhospice.org

Living On - Young Adults

An open, ongoing group for people in their 20s and 30s. Facilitated by Hospice of Michigan and Arbor Hospice Grief Counselors

1st Monday of the month • 6pm - 7:15pm 

RSVP with Naomi Avril • 734-794-5177 • navril@arborhospice.org

Living On groups facilitated by Hospice of Michigan staff



4th Monday of the month • 2pm - 3:15pm  

Hospice of Michigan office

39531 Garfield Rd., Clinton Twp.

RSVP with Wes Lawton • 586-263-8514

wlawton@hom.org

2nd Tuesday of the month • 6:30pm - 7:30pm  

Hospice of Michigan office

400 Perry Ave., Big Rapids

RSVP with David Keller • 231-527-0913

dkeller@hom.org

2nd Wednesday of the month  

1pm - 2:30pm

Hospice of Michigan office

932 N Mitchell St., Cadillac

RSVP with Will Gasper • 231-444-3350

wgasper@hom.org

1st & 3rd Thursday of the month 

1:30pm - 3pm

RSVP with Jackie Morris • 313-578-6328

jmorris@hom.org

Living On - Loss of Spouse/Partner

Come and share, or simply listen, as we discuss the various intricacies and many facets of grief after the loss of a spouse or partner.

1st & 3rd Tuesday of the month • 6pm - 7:15pm 

RSVP with Stacy Malenfant • 989-358-4295 smalenfa@hom.org

2nd & 4th Thursday of the month • 2pm - 3:30pm 

RSVP with Kijrsten Boeve • 231-929-1557 • kboeve@hom.org

Living On - Loss of Parents

An open, ongoing group that meets monthly to discuss grief and loss as it pertains to the death of a parent.

2nd Wednesday & 4th Tuesday of the month 

6:30pm - 7:30pm

RSVP with David Keller • 231-527-0913

dkeller@hom.org

Living On - Adult Child

An open, ongoing group that meets monthly to discuss grief and loss as it pertains to the death of an adult child.

2nd Thursday of the month • 10:30am - 11:45am 

RSVP with David Keller • 231-527-0913

dkeller@hom.org

FLY & REMEMBER

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

Saturday, June 24, 2023 • 12pm - 1pm 

Lillie Park • 4365 Platt Rd., Ann Arbor

RSVP with Margie Martin • 734-769-5821

mmartin@arborhospice.org

Participants are welcome to stay afterwards for GrieveWell’s Kite Festival from 1pm - 4pm.

Registration for both Fly & Remember and the Kite Festival are available at:

www.grievewell.com/annual-kite-festival

MEN OVERCOMING LOSS

These support groups are designed for men who are dealing with the death of a loved one. Join in-person or virtually from your computer or mobile device.

Men Overcoming Loss - General Loss

A support group for any man who has lost a parent, grandparent, sibling, cousin or a good friend or neighbor.

1st Tuesday of the month • 6pm - 7pm 

RSVP with Will Gasper • 231-444-3350 • wgasper@hom.org

Men Overcoming Loss - Partner/Spouse

This support group is designed for men who are dealing with the death of a spouse or partner. Join in-person at our Clinton Twp. office, or virtually from your computer or mobile device.

3rd Tuesday of the month • 6pm - 7:30pm  

Hospice of Michigan office • 39531 Garfield Rd., Clinton Twp.

RSVP with Wes Lawton • 586-263-8514 • wlawton@hom.org

Men Overcoming Loss - Grieving Dads

1st Wednesday of the month • 6:30pm - 7:30pm  

Hospice of Michigan office • 400 Perry Ave., Big Rapids

RSVP with David Keller • 231-527-0913 • dkeller@hom.org

GRIEF AFTER DEMENTIA

Losing someone after a dementia-related illness can be a unique grief experience. This program is presented in partnership with the Alzheimer's Association of Michigan.


 **alzheimer's association**
GREATER MICHIGAN CHAPTER

2nd Tuesday of the month • 6:30pm - 7:30pm 

RSVP with Alexandra Irwin • 989-705-2603 • airwin@hom.org

WALKING THROUGH GRIEF

Social support and physical activity are two of the most important components of mental health, especially while grieving. Starting in April, this monthly, socially-focused group gives grieving adults the opportunity to socialize, support one another in grief, while getting fresh air and exercise. All activity levels are welcome. Individuals can walk at their own pace. Register for location.

1st Thursday of the month • 11am - 12pm 

Local Ann Arbor Parks

RSVP with Melissa McCreedy • 734-794-5127

mmcreeedy@arborhospice.org

SOCIAL MEALTIME GROUP

Arbor Hospice offers a social group for individuals who have lost a spouse or partner and are interested in sharing a meal together. The group meets monthly at a 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.

4th Thursday of the month • 6pm - 7pm 

Various restaurants in Ann Arbor

RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org

SEMINARS & SPECIAL SERIES

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 seek a new identity. Taking on new roles, dealing with loneliness, and finding ways through special days are a few of the challenges you will face. In this group, you will meet others who have experienced this type of loss. Arbor Hospice Grief Journey Managers will provide education regarding the grief process and facilitate conversations for healing. Please register early. Space is limited.

Every Tuesday; April 18 through May 23 • 12pm - 1:15pm 

RSVP with Naomi Avril • 734-794-5177 • navril@arborhospice.org

Adult Loss of Parent

When you lose your parent as an adult, there is much to do: contact family, organize a funeral, and go through your parent's belongings. This six-part program will provide education on the grief process and will facilitate conversations focused on sharing of feelings, experiences and coping strategies.

Every Wednesday; April 19 through May 24 • 6pm - 7:15pm 

RSVP with Melissa McCreedy • 734-794-5127

mmcreeedy@arborhospice.org

General Loss Series

This series offers a safe place to learn about what to expect on your grief journey. All types of losses are welcome. An Arbor Hospice Grief Support Services Manager will provide education regarding the grief process and facilitate conversations related to self-care and healing. Please register early. Space is limited.

Every Wednesday; April 19 through May 24 • 4:30pm - 5:45pm 

Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor

RSVP with Margie Martin • 734-769-5821 • mmartin@arborhospice.org

Young Adults Grief Support Retreat

One-day retreat for people in their 20s-30s who are grieving the death of a loved one. In addition to times of education, sharing and support, attendees can also participate in relaxing activities such as yoga, a nature walk, and massage. Lunch and snacks will be provided. Registration is required.



Saturday, June 3, 2023 • 9am - 4pm 

University of Michigan Matthaei Botanical Gardens
1800 N. Dixboro Rd., Ann Arbor

Scan the QR code to register, or go to:
forms.office.com/r/qszi7W1Me7

For more information, contact:

Naomi Avril • 734-794-5177 • navril@arborhospice.org

Remembering our Mothers and Fathers:

A Meal Time Gathering

The purpose of this gathering is to provide an opportunity to discuss feelings throughout grief when navigating the unique loss of a parent. Space is limited, so RSVP early. Food will be provided. Let us know if you have specific food allergies.

Thursday, June 8, 2023 • 6pm - 8pm 

Arbor Hospice office • 2366 Oak Valley Dr., Ann Arbor

RSVP with Melissa McCreedy • 734-794-5127

mmcreeedy@arborhospice.org