

Virtual Grief Support Groups

Arbor Hospice: (Can join by phone or computer)

- ❖ **Loss of Spouse-Daytime.** Wednesdays 2-3PM from April 22-May 27. Contact Cathy Hing at 734-794-5127.
- ❖ **Loss of Spouse- Evening.** Tuesdays 6:30-7:30PM from April 21-May 26. Contact Gabrielle Cullen at 734-794-5375.
- ❖ **Loss of Parent- Evening.** Wednesdays 6:30-7:30PM from April 22-May 27. Contact Naomi Avril at 734-794-5177.
- ❖ **Hope After Loss Seminar-** Wednesday 7-8PM June 3rd. Contact Margie Martin at 734-769-5821.
- ❖ **General Loss Series-** 2nd Thursday of every month from 12:30-1:30PM. Contact Karen Monts at 313-578-6326.
- ❖ **Men Overcoming Loss-** 3rd Tuesdays of the month at 6PM. RSVP with Will Gasper at 231-444-3350.
- ❖ **Living On Grief Support Group-** 2nd Monday of the month from 6:30-7:30PM. Contact Margie Martin at 734-769-5821.

GrieveWell: <https://grievewell.com/>

- ❖ **One to One Peer Support:** Peer Counselors can meet one hour/week for up to a year at no cost. Serves individuals who have lost a child, spouse/partner, sibling, parent, pet or other loved one and resides in Washtenaw County and surrounding communities. Fill out this form: <https://grievewell.com/personal-history/> or call 734-975-0238.

New Hope Center for Grief Support: www.newhopecenter.net

- ❖ **Grief Support Groups:** Meeting via video conference calling. Call 248-348-0115 for information. Offers groups for Loss of Spouse, Loss of Child, Loss of Parent, Loss of Sibling, and Loss from Suicide/Overdose.

Hospice of Michigan: <https://www.hom.org/our-services/grief-support-groups/>

- ❖ **Men Overcoming Loss:** 3rd Tuesday of the month from 6-7PM. Click to register: http://hom.convio.net/site/Survey?ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=2661
- ❖ **Self Care: Coping with Fear, Isolation & Adversity:** Every Thursday from 2-2:45PM. To register, email Karen Monts at kmonts@hom.org or call 313-578-6326. You may also Click to Register: http://hom.convio.net/site/Survey?ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=2681

- ❖ **Virtual Connection Grief Support Groups:** Groups are for anyone who has experienced a recent loss. Meets on various days and times. Click to Register: http://hom.convio.net/site/Survey?ACTION_REQUIRED=URI_ACTION_USER_REQUESTS&SURVEY_ID=2681

Gilda's Club Metro Detroit: <https://www2.gildasclubdetroit.org/Events/Calendar>

- ❖ **Bereavement Support Groups:** include groups for Family, Spouses, Parents who've lost a child to cancer, Teen Grief and Kids Grief. All groups will be held virtually through at least April 30. Call 248-577-0800 for assistance.

Angela Hospice: <https://angelahospice.org/grief-support/>

- ❖ **Beginning the Journey Virtual Support Group:** Every Wednesday from 2-3:30PM. Group focuses on education and support for anyone experiencing a recent loss. <https://global.gotomeeting.com/join/799890477>
Or dial in using your phone: +1 (786) 535-3211; Access Code 799-890-477.
- ❖ **Nobody Grieves Alone: A Virtual Support Group for COVID-19 Loss:** Every Friday from 2-3:30PM. <https://global.gotomeeting.com/join/617003141> or dial in using your phone: +1 (517) 317-3112; Access Code 617-003-141.
- ❖ **Living with Grief Virtual Support Group:** Peer support group for anyone who has experienced the death of a loved one. <https://global.gotomeeting.com/join/717712429> or dial in by phone +1 (571) 317-3112.
- ❖ **Loss of Spouse Virtual Support Group:** #rd Thursday of each month 2-3:30PM. <https://global.gotomeeting.com/join/262452717?fbclid=IwAR21zf1YHcPW1eClwb35MXmgiwddm1dt0ql48y11YTtCg9BbBPir-m3L2lk>
Or dial in by phone +1(646) 749-3112.