



Spectrum Health Hospice Bereavement Services

Grief support and education

2022 Winter and Spring Virtual Support Groups

Spectrum Health Bereavement Services is pleased to offer the following grief support groups. We are committed to continuing to serve our communities and these Winter and Spring groups are being offered as virtual sessions.

Support Groups will be conducted via Microsoft® Teams, a HIPAA-compliant platform, that allows group members to meet by video and/or phone. Each group will meet once a week for a total of six (6) times/weeks. Please be sure to register before the date shown for the first meeting, as these sessions build on one another and therefore new members cannot be accommodated after the start of the group.

NOTE: *Facilitators will open the meeting 15 minutes before the meeting is to start to help troubleshoot any Microsoft® Team issues as able. We encourage participants to login early.*

Our 2022 Winter and Spring Series: ***Moving Through Grief***

*Grieving is individual—no one's grief is like another. Yet there are similarities in how we respond. We also recognize that the COVID-19 pandemic has added to the emotional impact of loss and our ability to be with others. Attending a six-session **Moving Through Grief** group (meeting once a week for a total of six weeks) gives you the time to cry, to question, to experience the feelings of grief and loss with others who have walked where you are now. **Moving Through Grief** is open to anyone who has lost a loved one in the past year.*

Winter sessions

Wednesdays: January 12, 19, 26, and February 2, 9, and 16 from 5:00 p.m. – 6:00 p.m.
RSVP to Annemarie Anderson at 616.391.4312 | [Please register before January 12th.](#)

Fridays: January 7, 14, 21, 28, and February 4 and 11 from 12:00 noon – 1:00 p.m.
RSVP to Kelly Purdue at 616.486.2833 | [Please register before January 7th.](#)

Spring sessions

Wednesdays: March 2, 9, 16, 23, and April 6 and 13 from 5:00 p.m. – 6:00 p.m.
RSVP to Annemarie Anderson at 616.391.4312 | [Please register before March 2nd.](#)

Thursdays: March 10, 17, 24, 31, and April 7 and 14 from 4:00 p.m. – 5:00 p.m.
RSVP to Kelly Purdue at 616.486.2833 | [Please register before March 10th.](#)

Contact us

The employees at Spectrum Health Hospice and Palliative Care hope that this information has been helpful to you. If you have any questions or concerns, please contact us at any time.

Spectrum Health Hospice | 616.391.4200 | spectrumhealth.org

For additional bereavement resources, please check out our Bereavement Services webpage at: **spectrumhealth.org/patient-care/hospice/bereavement**.

If you prefer to be removed from our mailing list, please call at **616.391.4238** or email **hospicebereavement@spectrumhealth.org**.

Spectrum Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.
[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.359.1607 (TTY: 711).

إذا كنت تتحدث اللغة العربية، فيمكنك الحصول على المساعدة اللغوية المتاحة مجانًا. اتصل على الرقم 1.844.359.1607 (TTY: 711).