

Support groups bring together people facing similar issues, whether that's illness, relationship problems or major life changes. Members of support groups often share experiences and advice. It can be helpful just getting to talk with other people who are in the same situation.

Info Source: Mayo Clinic

# Support Groups

There is no charge for attending support group meetings. Pre-registration is not required.

6/2022

**If you're facing a health challenge or stressful life change, you don't have to go it alone. A support group can help.**

## **Bereavement Support Group "An Opportunity to Heal"**

The grief process is unique to each person. Nonetheless there are certain phases that have been identified in recent years. In the monthly group support meeting, facilitated by Dr. Meyer, those attending have an opportunity to share their experience and learn about the phases of grief. It is quite often a truly healing experience for those who attend. All are welcome. This program is proudly presented in association with O'Brien Sullivan Funeral Home.



**Facilitator:** Dr. Michael Meyer, D. Min., has been the grief specialist at the O'Brien/Sullivan Funeral Home for the past 35 years.

**Meets:** The third Tuesday of each month · 7:30-9pm beginning Sep.20.\*

**Location:** Novi Civic Center, 45175 Ten Mile Rd.

**Make connections. Get support. Find help.**

## **Hearing Loss D.A.T.A. Support Group**



Are you or a family member experiencing hearing loss? Join us for a monthly support group convening for the purposes of **D**iscussion, **A**wareness, and **T**echnological **A**ssistance for those with hearing loss. The goal of the support group is to enable people with hearing loss to learn coping strategies and know you are not alone. Learn to help yourself have improved communication and a healthier life. This program is presented in association with DHIS – Deaf and Hearing Impaired Services.

**Facilitator:** Patty Soma, studied Sign Language Studies at Madonna University and worked many years with Deaf & Hearing Impaired Services (DHIS) servicing the senior community. Currently retired, she focuses on legislative and legal issues for senior citizens as well as all those with disabilities.

**Meets:** The fourth Thursday of each month · 1:30-2:30pm.\*

**Location:** Meadowbrook Activity Center, 25075 Meadowbrook Rd.



**\*Confirm meeting dates and time by calling Older Adult Services at 248.347.0414**

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