

Support Groups in the Greater Grand Rapids Area

**Compiled by the Caregiver Resource Network
Summer 2023**

The Caregiver Resource Network is a collaboration of 150 West Michigan organizations dedicated to providing for the needs and welfare of family and professional caregivers within the community.

Contact the Caregiver Resource Network:

616-456-5664

www.caregiverresource.net

Facebook: Caregiver Resource Network

The Caregiver Resource Network (CRN) is a collaboration of West Michigan organizations dedicated to providing for the needs and welfare of family and professional caregivers within our community. The CRN is funded by the Area Agency on Aging of Western Michigan with Older American's Act Title III-E, Family Caregiver Support funds.

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Note: All support groups are free of charge and open to the public, unless indicated otherwise.

Dementia Caregiver Support Groups

Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 1st Thursday of each month from 12:30 - 2:00 pm

Location: SarahCare Knapp's Corner, 2211 East Beltline Ave NE, Grand Rapids, MI

Contact: Harlene Gedris at 616-949-4709

Website: https://www.alz.org/gmc/helping_you/support_groups

Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 2nd Thursday of each month from 11:00 am – 12:00 pm

Location: St. Paul's United Methodist Church, 3334 Breton Rd. SE, Grand Rapids, MI

Contact: Theresa Wilson at 616-278-6526

Website: https://www.alz.org/gmc/helping_you/support_groups

Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 3rd Thursday of each month from 12:30 - 2:00 pm

Location: SarahCare Knapp's Corner, 2211 East Beltline Ave NE, Grand Rapids, MI

Contact: Harlene Gedris at 616-949-4709

Website: https://www.alz.org/gmc/helping_you/support_groups

Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 3rd Saturday of each month from 11:00 am – 12:00 pm

Location: Virtual via Zoom

Contact: St. Luke AME Zion Church at 616-452-7227

Website: https://www.alz.org/gmc/helping_you/support_groups

Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 4th Tuesday of each month from 9:30 – 11:00 am

Location: Russ' Restaurant, 6444 S. Division Ave., Grand Rapids, MI 49548

Contact: Kendra Schumaker at 616-530-6700

Website: https://www.alz.org/gmc/helping_you/support_groups

Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 4th Thursday of each month from 7:00 – 8:00 pm

Location: Virtual via Zoom

Contact: Claire Fisher at 616-459-7467 ext. 8495

Website: https://www.alz.org/gmc/helping_you/support_groups

Early-Stage Dementia Support Group

Intended for: Caregivers of individuals with early signs of dementia

Sponsored by: Alzheimer's Association

Dates: 1st and 3rd Tuesday of each month from 1:00 – 2:30 pm

Location: Virtual via Zoom

Contact: Kayla Jakel at 248-996-1056

Website: https://www.alz.org/gmc/helping_you/support_groups

Frontotemporal Degeneration Caregiver Support Group

Intended for: Caregivers of individuals living with frontotemporal dementia types

Sponsored by: Alzheimer's Association

Dates: 3rd Saturday of each month from 3:00 - 4:00pm

Location: Virtual via Zoom

Contact: Karin at 206-384-0096 or MillerKarin2@gmail.com

Website: https://www.alz.org/gmc/helping_you/support_groups

Grief After Dementia Caregiver Support Group

Intended for: Caregivers that are grieving a loved one's dementia diagnosis

Sponsored by: Alzheimer's Association and Hospice of Michigan

Dates: 2nd Tuesday of each month from 6:30 – 7:30pm

Location: Virtual via Zoom

Contact: Ali Irwin at 989-705-2603

Website: https://www.alz.org/gmc/helping_you/support_groups

Ionia County Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 3rd Tuesday from 11:30am – 12:30pm

Location: Virtual via Zoom or Dial-In

Contact: Rachel Yechar 616-527-5365 ext. 468

Website: https://www.alz.org/gmc/helping_you/support_groups

Lewy Body Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have Lewy Body Dementia

Sponsored by: Michigan Alzheimer's Disease Center's Rinne Lewy Body Dementia Initiative

Dates: 2nd Tuesday of the month from 2:00 – 3:00pm

Location: Virtual via Zoom

Contact: Renee at 734-764-5137

Website: <https://alzheimers.med.umich.edu/lbd/>

Lewy Body Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have Lewy Body Dementia

Sponsored by: Michigan Alzheimer's Disease Center's Rinne Lewy Body Dementia Initiative

Dates: 2nd Tuesday of the month from 6:00 – 7:00 pm

Location: Virtual via Zoom

Contact: Renee at 734-764-5137

Website: <https://alzheimers.med.umich.edu/lbd/>

Male Caregivers Solutions Support Group

Intended for: Male caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 3rd Tuesday of each month from 10:30 – 11:30 am

Location: Gemmen's Hardware (3488 Kelly St., Hudsonville)

Contact: Brian Nitz at 616-822-1174

Website: https://www.alz.org/gmc/helping_you/support_groups

Mason County Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 2nd Thursday of each month from 1:00 – 2:30pm

Location: Ludington Senior Center (308 S. Rowe St., Ludington)

Contact: Jamie Medema at 231-893-8730

Website: https://www.alz.org/gmc/helping_you/support_groups

Mecosta County Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 2nd Tuesday of each month from 3:00 – 4:30pm

Location: ResLife Church (14734 215th Ave., Big Rapids)

Contact: Donette Neal at 231-796-3185

Website: https://www.alz.org/gmc/helping_you/support_groups

Montcalm County Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 1st Thursday of each month from 1:00 – 2:00pm

Location: Montcalm Co. Commission on Aging (613 N. State St., Stanton)

Contact: Pamela Shock at 989-831-7476 Option 3

Website: https://www.alz.org/gmc/helping_you/support_groups

Newaygo County Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 1st Monday of each month from 7:00 – 8:30pm

Location: Fremont Library (104 E. Main St., Fremont)

Contact: Susan Evans at 231-267-6119

Website: https://www.alz.org/gmc/helping_you/support_groups

Osceola County Dementia Caregiver Support Group

Intended for: Caregivers of individuals who have dementia

Sponsored by: Alzheimer's Association

Dates: 3rd Wednesday of each month from 5:00 – 6:30pm

Location: Papa's Place (121 W. Upton Ave., Reed City)

Contact: Denise Tinkham at 231-832-7116

Website: https://www.alz.org/gmc/helping_you/support_groups

Persons Living with Lewy Body Dementia Buddies Group

Intended for: Individuals who have Lewy Body Dementia

Sponsored by: Michigan Alzheimer's Disease Center's Rinne Lewy Body Dementia Initiative

Dates: 2nd Tuesday of the month from 3:00 – 4:00 pm

Location: Virtual via Zoom

Contact: Renee at 734-764-5137

Website: <https://alzheimers.med.umich.edu/lbd/>

Spanish-Speaking Support Group/Grupo De Apoyo En Español

Intended for: Spanish-speaking caregivers of individuals with dementia/cuidadores de personas con demencia

Sponsored by: Exalta Health

Dates: 3rd Tuesday of each month from 5:30 – 6:30 pm/Cada tercer Martes del mes 5:30 – 6:30 pm

Location: Exalta Health, 2060 S. Division Ave., Grand Rapids

Contact: Teresa Cruz-Vega at 616-589-2820

Website: <https://exaltahealth.org/>

Virtual Support Group for Healthcare Professional Caregivers

Intended for: Professional caregivers in the healthcare field

Sponsored by: Alzheimer's Association

Dates: 2nd Tuesday of each month from 11:30am – 1:00pm

Location: Virtual via Zoom

Contact: Cheryl (C.Beighle@frontier.com) or Rob (Robbscarr@gmail.com)

Website: https://www.alz.org/gmc/helping_you/support_groups

Younger Onset Dementia Caregiver Support Group

Intended for: Caregivers of individuals in who are living with dementia before age 65

Sponsored by: Alzheimer's Association

Dates: 1st Wednesday of each month from 5:30 – 7:00pm

Location: Virtual via Zoom

Contact: Cindy Beller at 586-453-1909

Website: https://www.alz.org/gmc/helping_you/support_groups

Younger Onset Dementia Caregiver Support Group

Intended for: Caregivers of a person who was diagnosed with dementia before age 65

Sponsored by: Alzheimer's Association

Dates: 2nd Tuesday of each month from 7:00 - 8:30 pm

Location: Virtual via Zoom

Contact: Sharon Koets at 616-822-5481

Website: https://www.alz.org/gmc/helping_you/support_groups

General Caregiving Support Groups

Caregiver Support Group

Intended for: Caregivers, family, friends, and other interested parties who meets to discuss the many issues related to providing quality care for a loved one who is experiencing a disease or condition

Sponsored by: Area Agency on Aging of Western Michigan

Dates: Every Tuesday at 10:00am

Location: Virtual via Zoom

Contact: Julie Alicki at 616.826.8970 or juliealicki@comcast.net

Caregiver Support Group

Intended for: Caregivers, family, friends, and other interested parties who meets to discuss the many issues related to providing quality care for a loved one who is experiencing a disease or condition

Sponsored by: Evergreen Commons

Dates: 2nd and 4th Tuesdays of each month at 12:30 pm

Location: The Day Center at Evergreen (55 W. 16th St, Holland)

Contact: Alyssa Langejans at 616-355-5153

Website: <http://www.evergreencommons.org/caregiver-services/>

Caregiver Support Group

Intended for: Caregivers, family, friends, and other interested parties who meets to discuss the many issues related to providing quality care for a loved one who is experiencing a disease or condition

Sponsored by: Evergreen Commons

Dates: 4th Tuesday of each month 3:00 pm

Location: Fellowship Church (2165 W. Lakewood Blvd., Holland)

Contact: Alyssa Langejans at 616-355-5153

Website: <https://www.evergreencommons.org/caregiver-services/>

Caregiver Support Group

Intended for: Caregivers, family, friends, and other interested parties who meets to discuss the many issues related to providing quality care for a loved one who is experiencing a disease or condition

Sponsored by: Evergreen Commons

Dates: 3rd Wednesday of each month at 3:00pm

Location: Fennville United Methodist Church (5849 124th Ave., Fennville)

Contact: Alyssa Langejans at 616-355-5153

Website: <https://www.evergreencommons.org/caregiver-services/>

Caregiver Support Group

Intended for: Caregivers, family, friends, and other interested parties who meets to discuss the many issues related to providing quality care for a loved one who is experiencing a disease or condition

Sponsored by: Evergreen Commons

Dates: 2nd Thursday of each month at 3:00 pm

Location: Christ Memorial Church (595 Graafschap Rd., Holland)

Contact: Alyssa Langejans at 616-355-5153

Website: <http://www.evergreencommons.org/caregiver-services/>

Parkinson's Disease Support Groups

Covenant Village of the Great Lakes Support Group

Sponsored by: Covenant Village

Dates: 2nd Monday of each month from 2:00 - 3:00pm

Location: Covenant Village of the Great Lakes (2492 Lake Michigan Drive NE)

Contact: Lauren Hribek at 616-735-6078/LRHribek@CovenantRetirement.org OR Linda Kirpes at 616-735-6074/LAKirpes@convenantretirement.org

Website: <https://parkinsonswm.org/summary/listing/covenant-village-support-group/>

Deep Brain Stimulation Support Group

Intended for: Those who have had or are considering DBS surgery and their families

Sponsored by: Mercy Health St. Mary's, Hauenstein Neuroscience Center

Dates: Times may vary based on season and reservations (No meeting in December)

Location: Hauenstein Neuroscience Center (220 Cherry St. SE, Grand Rapids)

Contact: Julie Smith, Nurse Clinician at 616-685-5438

Website: <https://parkinsonswm.org/summary/listing/deep-brain-stimulation-dbs-support-group/>

Montcalm County Parkinson's Disease Support Group

Intended for: Any Parkinson's patient and their care partners

Sponsored by: Michigan Parkinson Foundation

Dates: 2nd Thursday of each month from 12:30 – 2:30pm

Location: Greenville Area Senior Center (715 S. Baldwin St., Greenville)

Contact: 616-754-1658

Newaygo County Parkinson's Support Group

Intended for: Any Parkinson's patient and their care partners

Sponsored by: Tamarac Wellness

Dates: 3rd Thursday of each month from 3:30 – 5:00pm

Location: Tamarac Wellness (1401 W. Main St., Fremont)

Contact: 231-924-3073

Website: <https://tamaracwellness.org/>

Managing Parkinson's Support Group

Intended for: Anyone with Parkinson's disease or their care partners

Sponsored by: Corewell Health

Dates: 3rd Tuesday of each month from 6:30 – 8:00pm

Location: Virtual via Zoom

Contact: 616-447-1393

Website: <https://www.susanmastals.org/>

Parkinson's Care Partner Support Group

Intended for: Care partners who support a loved one with Parkinson's

Sponsored by: Corewell Health

Dates: 3rd Tuesday of each month from 12:00 – 1:00pm

Location: Virtual via Zoom

Contact: 616-447-1393

Parkinson's Disease Caregiver Lunch Meeting

Intended for: Caregivers of individuals with Parkinson's Disease

Dates: 2nd Tuesday of each month at 1:00 pm

Location: Anna's House restaurant, 2409 E. Beltline Ave. SE, Grand Rapids, MI 49546 (Each person pays for their own lunch)

"Call ahead" reservations are recommended for attendance size.

Contact: Lynette Hooker at 616-455-5748 or lunsue3@gmail.com

Website: <https://parkinsonswm.org/summary/listing/partners-in-parkinson-pip/>

Parkinson's Disease Caregiver Support Group

Intended for: Caregivers of individuals with Parkinson's Disease

Sponsored by: Provision Living

Dates: 3rd Thursday of each month from 1:00 - 3:00 pm

Location: Forest Hills Bible Chapel (4637 Ada Dr. SE, Ada)

Contact: Erin Wallace at 616-307-0534

Website: <https://parkinsonswm.org/summary/listing/pd-caregiver-support-group/>

Parkinson's Disease Support Group: Team Spark

Intended for: Any Parkinson's patient and their care partners

Sponsored by: Seymour Christian Reformed Church

Dates: 2nd Sunday of each month from 3:00 - 4:30pm

Location: Seymour Christian Reformed Church (840 Alger Street SE, Grand Rapids)

Contact: Dan & Ginny DeWitt at 616-481-3094 or dvdewitt@gmail.com

Website: <http://seymourchurch.org>

Parkinson's Disease Support Group

Intended for: Persons with Parkinson's, family members and friends

Sponsored by: Mercy Health St. Mary's

Dates: 3rd Thursday of each month from 6:00 - 7:30 pm

Location: Virtual via Zoom

Contact: Laura DeWitt at 616-685-5845

Website: <https://parkinsonswm.org/summary/listing/mercy-health-pd-support/>

Cancer Support Groups

Bluebird Cancer Survivor and Caregiver Support Group

Sponsored by: Bluebird Cancer Retreats

Intended for: Adults with ANY type of cancer at ANY stage of cancer and caregivers

Dates: 3rd Monday of each month at 7:00 pm

Location: Virtual via Zoom

Contact: Renee Denslow at 616-847-0839 or rdenslow@bluebirdmi.org

Website: <https://www.bluebirdmi.org/resources/bluebird-cancer-support-groups/>

Bluebird Guardians of Gold Group

Sponsored by: Bluebird Cancer Retreats

Intended for: Caregivers of a child who has cancer (Parents, grandparents, etc.)

Dates: 2nd Tuesday of each month at 7:00 pm

Location: Virtual via Zoom

Contact: Renee Denslow at 616-847-0839 or rdenslow@bluebirdmi.org

Website: <https://www.bluebirdmi.org/resources/bluebird-cancer-support-groups/>

Brain Cancer Support Group

Sponsored by: Gilda's Club Grand Rapids

Intended for: Adults diagnosed with brain cancer

Dates: 3rd Monday of each month from 6:00 - 7:00 pm

Location: Gilda's Club Grand Rapids (1806 Bridge St NE, Grand Rapids)

Contact/RSVP: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Cancer Support Group

Intended for: Adults diagnosed with cancer

Sponsored by: Gilda's Club Grand Rapids

Dates: Every Thursday from 6:00 - 7:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids (1806 Bridge St NE, Grand Rapids) OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Christian Cancer Support Group

Intended for: "Seekers" impacted by cancer

Sponsored by: Gilda's Club Grand Rapids

Dates: Every Monday from 4:00 - 5:00 pm

Location: Virtual via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Colorectal & Related Cancers Support Group

Intended for: Adults diagnosed with colorectal cancer and related hereditary risk syndromes

Sponsored by: Gilda's Club Grand Rapids

Dates: 1st Tuesday from 6:00 - 7:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids (1806 Bridge St NE, Grand Rapids) OR via Zoom

Contact: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Friends & Family Cancer Support Group

Intended for: Individuals supporting a family member or friend on their cancer journey

Sponsored by: Gilda's Club Grand Rapids

Dates: Every Thursday from 6:00 - 7:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids (1806 Bridge St NE, Grand Rapids) OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Gynecological Cancer Support Group

Intended for: Those diagnosed with gynecological cancer

Sponsored by: Gilda's Club Grand Rapids

Dates: 1st Monday of each month from 6:00 – 7:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids (1806 Bridge St NE, Grand Rapids) OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Leukemia & Lymphoma Cancer Support Group

Intended for: Adults diagnosed with Leukemia or Lymphoma, and support person(s)

Sponsored by: Gilda's Club Grand Rapids

Dates: 2nd Monday each month from 3:00 - 4:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids (1806 Bridge St NE, Grand Rapids) OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Lung Cancer Support Group

Intended for: Those diagnosed with lung cancer

Sponsored by: Gilda's Club Grand Rapids

Dates: 1st Monday of each month from 4:00 – 5:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids (1806 Bridge St NE, Grand Rapids) OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Multiple Myeloma Cancer Support Group

Intended for: Those diagnosed with multiple myeloma

Sponsored by: Gilda's Club Grand Rapids

Dates: 1st and 3rd Monday of each month from 6:00 – 7:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids (1806 Bridge St NE, Grand Rapids) OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Prostate Cancer Support Group

Intended for: Those diagnosed with prostate cancer

Sponsored by: Gilda's Club Grand Rapids

Dates: 1st Monday of each month from 6:00 – 7:00 pm

Location: Hybrid – at Gilda's Club Grand Rapids (1806 Bridge St NE, Grand Rapids) OR via Zoom

Contact/RSVP: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Sister to Sister Support Group

Intended for: Women of color impacted by cancer

Sponsored by: Gilda's Club Grand Rapids

Dates: 1st Monday of each month from 6:00 - 7:00 pm

Location: Gilda's Club Grand Rapids, 1806 Bridge St NE, Grand Rapids, MI

Contact: Gilda's Club at 616-453-8300 or info@gildasclub.org

Website: www.gildasclubgr.org

Grief Support Groups

Adult Grief Support Group

Intended for: Adults who have experienced a death of an adult family member or friend

Sponsored by: Gilda's Club Grand Rapids

Dates: Every Wednesday from 4:00 – 5:00 pm or 6:00 – 7:00 pm

Location: Gilda's Club Grand Rapids, 1806 Bridge St NE, Grand Rapids, MI

Contact: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Conquerors Support Group

Intended for: Those who have lost a loved one to a homicide

Sponsored by: Conquerors

Dates: 2nd Saturday of each month from 1:00 - 2:30 pm

Location: Oakdale Park CRC (961 Temple SE, Grand Rapids)

Contact: Carolyn Priester at 616-248-4333. Please call to confirm your attendance.

Website: <http://www.conquerors-sg.org/>

Grief After Dementia Caregiver Support Group

Intended for: Those who have lost a loved one to dementia

Sponsored by: Alzheimer's Association and Hospice of Michigan

Dates: 2nd Tuesday of each month from 6:30 – 7:30pm

Location: Virtual via Zoom

Contact: Ali Irwin at 989-705-2603

Website: https://www.alz.org/gmc/helping_you/support_groups

Grief Support Group

Intended for: Those dealing with grief and loss

Sponsored by: Ss. Peter and Paul Parish

Dates: Biweekly, though dates/times may vary. Please reach out to Vanessa Booth for details.

Location: Ss. Peter and Paul Parish, 434 High St, Ionia, MI

Contact: Vanessa Booth vbooth@ssppcatholic.com

Website: www.saintspeterandpaulionia.org

Living On (Virtual)

Intended for: Anyone dealing with grief and loss

Sponsored by: Hospice of Michigan

Dates: 1st Tuesday of each month from 1:00 - 2:30 pm

Location: Virtual via Zoom

Contact: Katie Gedraitis at 231-845-3423

Website: www.hom.org

Living On (Virtual)

Intended for: Anyone dealing with grief and loss
Sponsored by: Hospice of Michigan
Dates: 2nd Tuesday of each month from 1:00 - 2:30 pm
Location: Virtual via Zoom
Contact: Ken Krause at 231-527-0913
Website: www.hom.org

Living On (Virtual)

Intended for: Anyone dealing with grief and loss
Sponsored by: Hospice of Michigan
Dates: 3rd Tuesday of each month from 1:00 - 2:30 pm
Location: Virtual via Zoom
Contact: Jackie Morris at 313-578-6328
Website: www.hom.org

Living On (Virtual)

Intended for: Anyone dealing with grief and loss
Sponsored by: Hospice of Michigan
Dates: 4th Tuesday of each month from 3:00 – 4:30 pm
Location: Virtual via Zoom
Contact: Ken Krause at 231-527-0913
Website: www.hom.org

Living On

Intended for: Anyone dealing with grief and loss
Sponsored by: Hospice of Michigan
Dates: 1st Friday of each month from 10:30 – 11:30 am
Location: Virtual via Zoom
Contact: Cindy Palme at 248-334-1323
Website: www.hom.org

Loss Support Group

Intended for: Those who have lost a loved one to suicide
Sponsored by: Mosaic Counseling and i understand, a non-profit organization
Dates: 3rd Wednesday of each month from 6:30 - 8:00 pm
Location: Fountain Street Church (24 Fountain St. NW, Grand Rapids)
Contact: info@iunderstandloveheals.org. *Pre-registration is required each month.*
Website: iunderstandloveheals.org

Men's Grief Support Group

Intended for: Men who have experienced a death of someone in their life due to any cause

Sponsored by: Gilda's Club Grand Rapids

Dates: 3rd Monday from 6:00 – 7:00 pm

Location: Gilda's Club Grand Rapids (1806 Bridge St NE, Grand Rapids)

Contact: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Men Overcoming Loss: Partner/Spouse

Intended for: Men who are mourning the death of a partner or spouse

Sponsored by: Hospice of Michigan

Dates: 3rd Tuesday of each month from 6:00 – 7:30pm

Location: Virtual via Zoom

Contact: Wes Lawton at 586-263-8514

Website: www.hom.org

Survivors of Suicide

Intended for: Those mourning the suicide of a loved one

Sponsored by: West Michigan Survivors of Suicide

Dates: 2nd Thursday of each month from 7:00 - 8:30 pm

Location: Park Congregational Church (10 Park Place NE, Grand Rapids)

Contact: Jim Musial at 616-856-6897

Website: <https://wmsosl.com/>

Virtual Adult Grief Support Group

Intended for: Adults who have experienced a death of an adult family member or friend

Sponsored by: Gilda's Club Grand Rapids

Dates: Every Tuesday from 6:00 – 7:00 pm

Location: Virtual via Zoom

Contact: Gilda's Club at 616-453-8300 or info@gildasclubgr.org

Website: www.gildasclubgr.org

Other Health Condition Support Groups

Aging with Down Syndrome Support Group

Intended for: Family members of individuals with Down Syndrome

Sponsored by: Alzheimer's Association

Dates: 4th Monday of each month from 5:45 – 6:45 pm

Location: Down Syndrome Association of West Michigan, 160 68th St. SW, Grand Rapids, MI

Contact: Claire Fisher at 616-459-7467 or Tom Hackett at 616-724-4720

Website: https://www.alz.org/gmc/helping_you/support_groups

Amputation Support Group

Intended for: Individuals who have experienced limb amputation

Sponsored by: Great Lakes Amputee Network

Dates: 3rd Tuesday of each month at 6:30 pm

Location: Mary Free Bed Rehabilitation Hospital, Orthotics & Prosthetics/Bionics (235 Wealthy St. SE)

Contact: Stephanie Rose at 616-591-8980 or stephanie.rose@maryfreebed.com

Website: <https://www.maryfreebed.com/patients-visitors/support-groups-community-resources/>

Amyotrophic Lateral Sclerosis (ALS) Caregiver Group

Intended for: Caregivers of individuals diagnosed with ALS

Sponsored by: Susan Mast ALS Foundation

Dates: 4th Thursday of each month at 6:30 pm

Location: Virtual via Zoom

Contact: Andréa Vugteveen at 616-622-3066 ext. 2 or andrea@susanmastals.org

Website: <https://www.susanmastals.org/>

Amyotrophic Lateral Sclerosis (ALS) Support Group

Intended for: Individuals diagnosed with ALS

Sponsored by: Susan Mast ALS Foundation

Dates: 1st Thursday of each month at 1:00 pm

Location: Virtual via Zoom

Contact: Andréa Vugteveen at 616-622-3066 ext. 2 or andrea@susanmastals.org

Website: <https://www.susanmastals.org/>

Amyotrophic Lateral Sclerosis (ALS) Support Group

Intended for: Individuals diagnosed with ALS

Sponsored by: Susan Mast ALS Foundation

Dates: 3rd Thursday of each month at 11:00am

Location: Virtual via Zoom

Contact: Andréa Vugteveen at 616-622-3066 ext. 2 or andrea@susanmastals.org

Website: <https://www.susanmastals.org/>

Brain Injury Support Group

Sponsored by: Brain Injury Association of Michigan

Dates: 1st Tuesday of each month at 7:00 pm

Location: Mary Free Bed Rehabilitation Hospital, Professional Building (350 Lafayette Ave SE)

Contact: Emily Maniscalco at 616-706-7779 or rogueofukuleles@gmail.com

Website: <http://www.maryfreebed.com/patients-visitors/support-groups/>

Huntington's Disease Living Positive Support Group

Intended for: Those who have tested positive for HD or are living at risk

Sponsored by: Huntington's Disease Society of America, Michigan Chapter

Dates: 2nd Thursday of each month from 6:30 - 8:30pm

Location: Virtual via Zoom

Contact: Kathy Delp at 616-340-7874 or kath6613@aol.com

Website: <https://michigan.hdsa.org>

Joe Niekro Foundation Support Group

Intended for: Patients/family members affected by stroke, brain aneurism, TIA, or AVM

Sponsored by: Comprehensive Stroke Care Metro and Joe Niekro Foundation

Dates: 1st Wednesday of each month from 6:00 - 7:00 pm

Location: Metro Health Conference Center, 2225 Main St. Wyoming, MI 49519

Contact: 616-252-7117

Website: <https://metrohealth.net/about-metro-health/live-healthy/live-healthy-calendar/>

Stroke Support Group

Intended for: Stroke survivors and their family and friends

Sponsored by: Mary Free Bed

Dates: 1st Wednesday of each month from 6:15 - 7:30 pm (Not meetings in January and July)

Location: Mary Free Bed Rehabilitation Hospital, Professional Building (350 Lafayette Ave SE)

Contact: Katie Harrington at 616-840-8922 or katie.harrington@maryfreebed.com

Website: <http://www.maryfreebed.com/patients-visitors/support-groups/>

Visually Impaired Support Group

Intended for: Individuals who experience visual impairment

Sponsored by: Association for the Blind and Visually Impaired

Dates: 2nd Tuesday of each month at 1:30pm

Location: Remote via Dial-In

Contact: 701-801-6449

Website: <https://www.abvimichigan.org/>

Mental Health Support Groups

Family Support Group

Intended for: Any adult with a loved one who has experienced symptoms of a mental health condition

Sponsored by: NAMI of Kent County

Dates: 1st Tuesday of each month from 6:30 – 8:00 pm

Location: Cornerstone Church, 1675 84th St. SE, Caledonia, MI 49316

Contact: 616-559-0045

Website: <https://namikent.org/>

NAMI Connections Support Group

Intended for: Any adult who has experienced symptoms of a mental health condition

Sponsored by: NAMI of Kent County

Dates: 2nd and 4th Tuesday of each month from 7:00 - 8:30 pm

Location: Virtual via Zoom

Contact: 616-559-0045

Website: <https://namikent.org/>

Support Groups for Family Issues

Divorce Care Support Groups

Visit www.divorcecare.org for a long list of local Divorce Care support groups.

Family & Friends of Aging Adults Support Group

Intended for: Those who are caregivers to older adults

Sponsored by: Pine Rest Christian Mental Health Services

Dates: 3rd Tuesday of each month from 7:00 – 8:30 pm

Location: Thornapple Evangelical Covenant Church, 6595 Cascade Rd. SE, Grand Rapids, MI 49546

Contact: Cindy or Amy at 616-281-6363 x2450

Website: <https://www.pinerest.org/event/family-friends-of-aging-adults-support-group/>