



Living Grief

A Michigan Alzheimer's Disease Center program for family caregivers.

Living Grief is a twice monthly exploration of grief *for family caregivers of adults living with a dementia, including those who may have lost the person they were caring for.* We currently do not offer programs to professional caregivers.

Living Grief is currently offered *virtually*. This series takes place from January - June 2022 and it is recommended that participants attend all or most sessions.

This program is part of the Michigan Alzheimer's Disease Center Wellness Initiative and is led by Laura Rice-Oeschger, LMSW and Theresa Gierzynski, LLMSW.

To register

Register online at alzheimers.med.umich.edu/living-grief

After registering, you will be sent connection information for the virtual series.

*Winter &
Spring 2022*

Virtually on Zoom
Every First and Third
Thursday
10:00 - 11:30am

January 6
January 20
February 3
February 17
March 3
March 17
April 7
April 21
May 5
May 19
June 2
June 16

