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. We currently do not offer programs to professional caregivers.

Living Grief is currently offered virtually. The program takes place twice monthly for six months and it is recommended that participants attend all or most sessions. A variety of topics will be discussed, including ambiguous loss, anticipatory grief, and relationship changes.

It is strongly encouraged that Living Grief attendees will have participated in other Wellness Initiative programs.

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

To register

Register online at alzheimers.med.umich.edu/living-grief
Once you register, a staff member will contact you to set up an initial meeting before the start of the series.