



The Elizabeth Hospice

Support Groups – November 2018

Support groups provide an opportunity to learn from others who are grieving the loss of a loved one. Led by professionally trained counselors and volunteer facilitators, they are a safe, non-judgmental place for families and individuals to find comfort while learning coping skills. No charge to attend. Open to anyone in the community. Please call 760-794-5864 prior to your first visit.

General Grief and Loss Groups For Adults

Escondido

930 Canterbury Place, Escondido 92025
1st and 3rd Thursday, 4:00 – 5:30 p.m.

Carlsbad

5938 Priestly Dr., Ste. 103, Carlsbad 92008
1st and 3rd Tuesday, 10:30 a.m. – 12:00 p.m.

San Diego

8989 Rio San Diego, Ste. 190, San Diego 92108
1st and 3rd Wednesday, 3:00 – 4:30 p.m.

Temecula

27720 Jefferson Ave., Ste. 200, Temecula 92590
Please call for days, 10:00 – 11:30 a.m.

Specialty Support Groups For Adults

Lullabies Lost Group

For parents and grandparents grieving the death of their baby from any means
930 Canterbury Place, Escondido 92025
2nd and 4th Tuesday, 6:30 – 8:00 p.m.

Spouse Loss Group

8989 Rio San Diego, Ste. 190, San Diego 92108
Every Tuesday, 6:00 – 7:30 p.m.

Parent Loss Group

8989 Rio San Diego, Ste. 190, San Diego 92108
1st and 3rd Wednesday, 6:30 – 8:00 p.m.

Child Loss Group

5938 Priestly Drive, Ste. 103, Carlsbad 92008
2nd and 4th Wednesday, 6:00 – 7:30 p.m.

Child Loss Group

8989 Rio San Diego, Ste. 190, San Diego 92108
1st and 3rd Monday, 6:00 – 7:30 p.m.
Newcomers are welcome on November 5

Child Loss Group

27720 Jefferson Ave., Ste. 200, Temecula 92590
1st and 3rd Tuesday, 6:00 – 7:30 p.m.

Children/Teen Grief Support Groups

Call Melissa Lunardini for details: 760-796-3705

- The Littles (ages 3 – 6)
- Elementary Age (ages 6 – 12)
- Middles (ages 11 – 13)
- Teens (ages 13 – 17)

School-Based Children's Support Groups are available at elementary, middle and high school campuses throughout San Diego County and Southwest Riverside County upon request.

For information and updates, contact us at 800-797-2050, griefinfo@ehospice.org, or www.elizabethhospice.org.

Events

Light up a life

Everyone is invited to a beautiful candle-lighting ceremony celebrating the special people in their life. Hosted by The Elizabeth Hospice, **Light Up a Life** blends inspirational messages, music and a memorial ceremony to lift the hearts of those touched by loss, illness or sorrow.

Light Up a Life

Sunday, Dec. 2, 2018

3:30 to 5:30 pm

California Center for the Arts
340 N. Escondido Blvd., Escondido
Free admission and parking