



# The Elizabeth Hospice

Grief 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. Currently all counseling sessions are offered via Zoom. There is no charge to attend. All California residents are welcome. To enroll, call 760-737-2054.

## Support Groups – July 2021

### General Grief and Loss Groups for Adults

*Every Thursday, 10:30-12:00 p.m.*

### Specialty Support Groups for Adults

#### Lullabies Lost Group

For parents and grandparents grieving the death of their baby from any means.

*Every other Tuesday, 6:30-7:30 p.m.*

*Starting July 6<sup>th</sup>*

#### Partner/Spouse Loss Group

*Every Tuesday, 6:00-7:30 p.m. (waiting lists)*

*Every Wednesday, 3:00-4:30 p.m. (waiting lists)*

*Every Thursday, 11:30-12:30 p.m.*

#### Parent Loss Group

*1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 6:00-7:30 p.m.*

#### Caregiver Support Group

*Every Tuesday, 11:00-12:00 p.m.*

#### Child Loss Group

*2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 6:00-7:00 p.m.*

*1<sup>st</sup> and 3<sup>rd</sup> Mondays, 6:00-7:30 p.m.*

*No group on July 5<sup>th</sup>*

#### Journey Through Grief – Book Club

*1<sup>st</sup> and 3<sup>rd</sup> Mondays, 5:30-6:30 p.m.*

*No group on July 5<sup>th</sup>*

#### Parenting After Loss Group

*Every Tuesday, 12:30-1:30 p.m.*

#### Young Grievers Support Group

*(For ages 18 to 35)*

*Every other Monday, 5:30-6:30 p.m.*

*No group on July 5<sup>th</sup>*

### Children/Teen Grief Support Groups

*Call Samira Moosavi for details: 760-796-3701*

**Littles (ages 3 – 6)**

**Elementary (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.