



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 – September 2021

General Grief and Loss Groups for Adults

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

Specialty Support Groups for Adults

Pregnancy and Infant Loss Group

For women experiencing prenatal loss, neonatal death or reproductive trauma.

Tuesdays, 6:30-7:30 p.m.

Child Loss Group

2nd and 4th Wednesdays, 6:00-7:00 p.m.

1st and 3rd Mondays, 6:00-7:30 p.m.

(No group on September 6)

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.

Journey Through Grief – Book Club

1st and 3rd Mondays, 5:30-6:30 p.m.

(No group on September 6)

Parenting After Loss Group

Every Monday, 9:30-10:30 a.m.

Beginning September 13

Parent Loss Group

1st and 3rd Wednesdays, 6:00-7:30 p.m.

Young Grievors Support Group

(For ages 18 to 35)

Every Monday, 6:00 to 7:30 p.m.

(No group on September 6)

Caregiver Support Group

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

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.

The Elizabeth Hospice

Swing Fore Hope Golf Classic



TOURNAMENT, AUCTION AND DINNER

Benefiting the Children's Bereavement Program

Friday, September 17

Twin Oaks Golf Course, San Marcos, CA

Golfers and non-golfers: Join us for a fun-filled event!

- Championship course
- Delicious dinner

All of the proceeds from **Swing Fore Hope Golf Classic** benefit our Children's Bereavement Program which provides a wide range of free grief support services for children and teens in our community.

Register today at www.elizabethhospice.org/swing