



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 – November 2021

General Grief and Loss Groups for Adults

Every Thursday, 10:30-12:00 p.m.
No group on November 25

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.

Partner/Spouse Loss Group

Every Tuesday, 6:00-7:30 p.m. (limited space)
Every Wednesday, 3:00-4:30 p.m. (waiting lists)
Every Thursday, 11:30-12:30 p.m.
No group on November 25

Journey Through Grief Book Club

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

Parent Loss Group

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

Parenting After Loss Group

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

Caregiver Support Group

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

Young Grievers Support Group

(For ages 18 to 35)
Every Monday, 6:00 to 7:30 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.



Sunday, November 14

3:30 to 5:30 pm

California Center for the Arts

340 N Escondido Blvd, Escondido

Please join us for this community event to illuminate the darkness we experience when our hearts are touched by loss, illness or sorrow.

Inspirational messages, music and candle-lighting ceremony.

FREE | Everyone is welcome

[REGISTER HERE](#)

California Center for the Arts requires all guests wear a face mask.