



# 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 – January 2022

### General Grief and Loss Groups for Adults

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

### Specialty Support Groups for Adults

#### Partner/Spouse Loss Group

*Every Tuesday, 6:00-7:30 p.m. (limited space)*

*Every Wednesday, 3:00-4:30 p.m. (limited space)*

*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.*

#### Young Grievers Support Group

*(For ages 18 to 35)*

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

*No group the week of Dec 27 – 31*

#### 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.*

#### Journey Through Grief Book Club

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

### Children/Teen Grief Support Groups

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

**Littles (ages 3- 6)**

**Elementary (ages 6-12)**

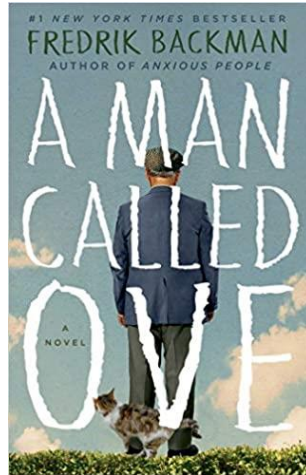
**Middles (ages 11-13)**

**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.

## **JOURNEY THROUGH GRIEF Book Club for Grieving Adults**

***A Man Called Ove* by Fredrik Backman**



Led by skilled grief counselors from The Elizabeth Hospice, you'll explore the author's story of grief and loss and achieve insights into your own grief. FREE (book not included). Open to everyone in the community – from the occasional to the seasoned reader.

**Mondays (13 sessions), starting Jan. 10, from 5:30 to 6:30 pm, via Zoom.**

RSVP to [Mechelle.FitzGeorge@ehospice.org](mailto:Mechelle.FitzGeorge@ehospice.org).