



# 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 – May 2022

### General Grief and Loss Groups for Adults

#### General Grief and Loss

*Thursdays, 10:30-12:00 p.m.*

### Specialty Support Groups for Adults

#### Partner/Spouse Loss Group

*Tuesdays, 6:00-7:30 pm (limited space)*

*Thursdays, 11:30-1:00 pm*

#### 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.*

#### Partner/Spouse Loss Group: Early Grief

*Wednesdays, 3:30-5:00 pm*

#### Journey Through Grief Book Club

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

*(No class on May 30)*

#### Parent Loss Group

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

#### Parenting After Loss Group

*Mondays, 12:00-1:00 pm*

*(No class May 30)*

#### Young Grievers Support Group

*(For ages 18 to 35)*

*Mondays, 6:00 to 7:30 p.m.*

*(No class on May 30)*

#### Caregiver Support Group

*Tuesdays, 11:00-12:00 p.m.*

### Children/Teen Peer-Based Grief Support Groups

Contact the Children's Bereavement Program Team for more information at [childrensbereavement@ehospice.org](mailto:childrensbereavement@ehospice.org) or 760-233-7337.

**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.

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**SWING FORE HOPE GOLF CLASSIC**

Benefiting the Children's Bereavement Program



**Friday, July 15**

**Twin Oaks Golf Course**

**San Marcos, CA**

Early-bird pricing is available through June 15.

**REGISTER TODAY**

**[www.elizabethhospice.org/swing](http://www.elizabethhospice.org/swing)**