



# 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 – June 2022

### General Grief and Loss Groups for Adults

**General Grief and Loss**  
*Thursdays, 10:30-12:00 p.m.*

**Navigating the Grief Journey (see back for details)**  
*Fridays, 10:00 am – 11:30 am (June 24 - July 29)*

### 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.*

**Parent Loss Group**  
*1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 6:00-7:30 p.m.*  
*(limited space)*  
*2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 6:00-7:30 p.m. New*  
*(starting June 23)*

**Parenting After Loss Group**  
*Mondays, 12:00-1:00 pm*

**Caregiver Support Group**  
*Tuesdays, 11:00-12:00 p.m.*

**Young Grievers Support Group**  
*(For ages 18 to 35)*  
*Mondays, 6:00 to 7:30 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.

## **Navigating the Grief Journey**

A Six-Week Workshop

Facilitated by James Wieme, LMFT, Staff Counselor,  
The Elizabeth Hospice

**Fridays, 10:00 am - 11:30 am**

**June 24 through July 29 (six sessions) \***

**FREE**

### **Rancho Santa Fe Senior Center**

16780 La Gracia

Rancho Santa Fe, CA 92091

Outdoor Classroom

To register, call **858.756.3041**

\*Closed group. Participants must attend the first session.

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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)