



# 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 find out more information, call 760-737-2054.

## Support Groups – August 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)150*  
*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.*

**Caregiver Support Group**

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

**Young Grievers Support Group**

*(No class in August)*

**Partnering After Loss**

*(Class to start in mid-August)*

### 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.

## **Movie Talk, A Support Group for Grieving Adults**

**Thursdays, Biweekly, July 14 Through August 4**

**Noon to 1:00 pm**

**Meetings conducted on Zoom**

Our new support group, Movie Talk, is open to anyone in the community (ages 21+) looking to connect with others who also face adversity after the death of a loved one. Led by trained grief counselors from The Elizabeth Hospice, attendees will discuss the salient points from movies about grief and loss and share their thoughts and feelings. FREE. Drop-ins welcomed. Featured films include Coco, My Girl, Up, and Steel Magnolias. Registration is required. Email [darlene.morris@ehospice.org](mailto:darlene.morris@ehospice.org) or call 833-349-2054.