



# 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 support groups are conducted online via Zoom. There is no charge to attend. All California residents are welcome. To find out more information, call 760-737-2054.

## Support Groups – November 2022

### General Grief and Loss Groups for Adults

**General Grief and Loss**  
*Thursdays, 10:30-12:00 p.m.*  
***No group on November 24***

### Specialty Support Groups for Adults

**Partner/Spouse Loss Group**  
*Tuesdays, 6:00-7:30 pm (limited space)*  
*Thursdays, 11:30-1:00 pm*  
***No group on November 24***

**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 (limited space)*

**Journey Through Grief Book Club**  
*Every other Monday, 5:30-6:30 p.m.*  
***(Call for more information)***

**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.*  
***No group on November 24***

**Caregiver Support Group**  
*Tuesdays, 11:00-12:00 p.m.*  
***No group on November 22***

**Young Grievers Support Group**  
***1<sup>st</sup> and 3<sup>rd</sup> Tuesdays, 6:00-7:30 p.m.***

**Parenting After Loss**  
*Tuesdays, 12:00-1:00 pm*

### 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.



Please join us at the California Center for the Arts, Escondido, for **LIGHT UP A LIFE 2022**. This memorial event is open to everyone in the community.

**Live music | Inspirational messages | Candle-lighting ceremony | Refreshments**

**Sunday, Nov. 13**

**3:30 to 5:30 pm**

**340 N Escondido Blvd, Escondido**

**FREE**

For more information, [click here](#) or call Tylie Daniels at 760.796.3708.

[REGISTER](#)