



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 833.349.2054.

Support Groups – January 2023

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

Partner/Spouse Loss Group: Early Grief
Wednesdays, 3:30-5:00 pm (limited space)

Parent Loss Group
1st and 3rd Wednesdays, 6:00-7:30 p.m.
(limited space)
2nd and 4th Thursdays, 6:00-7:30 p.m.

Young Grievers Support Group
Start date to be announced

Child Loss Group
2nd and 4th Wednesdays, 6:00-7:00 p.m.
1st and 3rd Mondays, 6:00-7:30 p.m.

Journey Through Grief Book Club
Every other Monday, 5:30-6:30 p.m.
New start date is January 10

Caregiver Support Group
Tuesdays, 11:00-12:00 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 or 760-223-7337.

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.