



# 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 – March 2023

### General Grief and Loss Groups for Adults

#### General Grief and Loss

*Thursdays, 10:30 am - 12:00 pm*

### Specialty Support Groups for Adults

#### Partner/Spouse Loss Group

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

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

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

*Wednesdays, 3:30 - 5:00 pm (limited space)*

#### Parent Loss Group

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

*(limited space)*

*2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 6:00 - 7:30 pm*

#### Child Loss Group

*2<sup>nd</sup> and 4<sup>th</sup> Wednesdays, 6:00 - 7:00 pm*

*1<sup>st</sup> and 3<sup>rd</sup> Mondays, 6:00 - 7:30 pm*

#### Journey Through Grief Book Club

*Every other Tuesday, 5:30 - 6:30 pm*

#### Caregiver Support Group

*Tuesdays, 11:00 am - 12:00 pm*

#### Parenting After Loss

*Tuesdays, 12:00 am - 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 760.223.7337.

**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.



**Sunday, May 7**

**1:00 – 3:00 PM**

**California Center for the Arts, Escondido**

**340 N Escondido Blvd**

Butterfly release ceremony | Uplifting messages from our grief support team

Musical entertainment | Refreshments

**FREE. EVERYONE IS WELCOME.**

Register [HERE](#)