



# 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 –September 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)*

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

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

#### Parenting After Loss

*Tuesdays, 12:00 pm - 1:00 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*

*(No support group on September 4)*

#### Journey Through Grief Book Club

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

*(No support group on September 4)*

#### Caregiver Support Group

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

## **Introduction to Grief and Loss**

*4-Week Workshop for Adults Who Experienced a Death Within the Last Year*

**FREE**

Tuesday, September 5 through September 26

1:30 pm to 3:00 pm – held on Zoom

Registration required. RSVP by September ?:

please contact: [griefinfo@ehospice.org](mailto:griefinfo@ehospice.org) or 833-349-2054



**Phil's BBQ | Americana Roots Rock Live Music | Dancing | Auction**

**Friday, October 13**

**6 PM to 9 PM**

**Williams' Farm in Walnut Grove Park, San Marcos**

Purchase tickets at

[www.elizabethhospice.org/heartandsoul2023](http://www.elizabethhospice.org/heartandsoul2023)