



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 –November 2023

General Grief and Loss Groups for Adults

General Grief and Loss

Thursdays, 11:00 am – 12:30 pm

(No meeting on November 23)

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)

(No meeting on Wednesday, November 22)

Thursdays, 11:30 am - 1:00 pm (limited space)

(No meeting on Thursday, November 23)

Parent Loss Group

1st and 3rd Wednesdays, 6:00 - 7:30 pm (limited space)

2nd and 4th Thursdays, 6:00 - 7:30 pm

(No meeting on Thursday, November 23)

Parenting After Loss

Tuesdays, 12:00 pm - 1:00 pm

Child Loss Group

2nd and 4th Wednesdays, 6:00 - 7:00 pm

(No meeting on Wednesday, November 22)

1st and 3rd Mondays, 6:00 - 7:30 pm

(No meeting on Monday, November 20)

Journey Through Grief Book Club

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

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 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

Monday, November 6 through November 27

1:30 pm to 3:00 pm – held on Zoom

Registration required.

please contact: griefinfo@ehospice.org or 833-349-2054