



# 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 –February 2024

### General Grief and Loss Groups for Adults

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*Thursdays, 11:00 am – 12:30 pm*

### Specialty Support Groups for Adults

#### Partner/Spouse Loss Group

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

*Wednesdays, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays,*

*4:00 – 5:30 pm (limited space)*

*(Meeting on 2/7 and 2/21 only)*

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

#### 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 Monday, 5:30 - 6:30 pm*

#### 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*

#### Caregiver Support Group

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

#### Parenting After Loss

*Tuesdays, 12:00 pm - 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.

## **RELATIONSHIP AFTER LOSS**

### **6-Part Workshop for Widows and Widowers**

This workshop is designed for people seeking answers to questions like:

*How will I know when I'm ready to start dating again?*

*Where do I go to meet someone?*

**FREE**

**6 pm to 7:30 pm**

**Feb. 5, 19, March 4, 18, April 1, 15**

The Elizabeth Hospice  
8989 Rio San Diego, Suite 190  
San Diego, CA 92108

Space is limited. Registration is required.

[Lily.Discher@ehospice.org](mailto:Lily.Discher@ehospice.org) or **833.349.2054**