



# 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 –October 2024

### General Grief and Loss Groups for Adults

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*Thursdays, 10:30 am – 12:00 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)*

*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, 7:00 -8:30 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*

#### Caregiver Support Group

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

#### Young Adult Grief Group

*Call for information*

### 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.



**Buckboard's Barbeque | Wine and Beer | Auction**  
**The best of classic rock and pop music performed by Summit Drive**

**Friday, October 18**

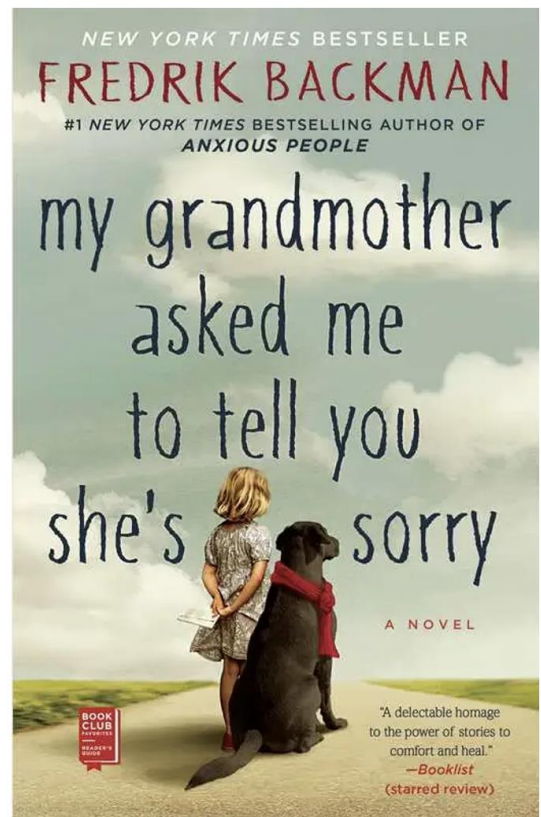
**6 PM to 9 PM**

**Williams' Barn at Walnut Grove Park, San Marcos**

Please join us for an unforgettable rockin' event that helps The Elizabeth Hospice offer grief support services, free of charge, to our community's children.

Purchase tickets at

<https://elizabethhospice.org/heartsoul2024>



**October 7th and 21st**  
**5:30pm-6:30pm via Zoom.**

RSVP email [mecelle.manista@ehospice.org](mailto:mecelle.manista@ehospice.org)