



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 2024

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

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

Tuesdays, 11:30 am – 1:30 pm (limited space)

*Wednesdays, 1st and 3rd Wednesdays,
4:00 – 5:30 pm (limited space)*

*Thursdays, 11:30 am – 1:00 pm (limited space)
(No group on November 28)*

Parent Loss Group

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

2nd and 4th Thursdays, 7:00 -8:30 pm (limited space)

(No group on November 28)

Child Loss Group

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

1st and 3rd 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

Wednesdays, 5:30 pm to 6:30 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.

THE ELIZABETH HOSPICE INVITES YOU TO

Light Up a Life

A FREE COMMUNITY
EVENT TO REMEMBER,
HONOR AND CELEBRATE
THE PEOPLE WHO HAVE
TOUCHED YOUR LIFE.

SUNDAY, NOVEMBER 17
3:30–5:30 P.M. 2024

California Center for the Arts
340 N. Escondido Blvd.
Escondido, CA 92025

Inspirational messages, music
and candle-lighting ceremony.

Everyone is welcome and
there is no cost to attend.

RSVP by November 8
elizabethhospice.org/light2024
760.796.3708

*We welcome a \$50
gift to sponsor a
light in honor of
your loved one.*



The Elizabeth Hospice

The Elizabeth Hospice provides medical and emotional support to children and adults facing the challenges associated with advanced life-limiting illnesses and restores hope to those who are grieving. The Elizabeth Hospice is a 501 (c)(3) nonprofit. Federal Tax ID 95-3275679