



# 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 – January 2025

### 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)*

*Tuesdays, 11:30 am – 1:00 pm  
(limited space)*

*Wednesdays, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays,  
4:00 – 5:30 pm (limited space)  
(No Group on January 1<sup>st</sup>)*

*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)*

*(No Group on January 1<sup>st</sup>)*

*2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 7:00 - 8:30 pm (limited space)*

#### Child Loss Group

*1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 6:00 - 7:00 pm*

*(No Group on January 1<sup>st</sup>)*

*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

*Wednesdays, 5:30 pm to 6:30 pm*

*(No Group on January 1<sup>st</sup>)*

### 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.

