



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 – December 2024

General Grief and Loss Groups for Adults

General Grief and Loss

Thursdays, 10:30 am – 12:00 pm

(No group on December 26)

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)

(No group on December 24 and 31)

Wednesdays, 1st and 3rd Wednesdays,

4:00 – 5:30 pm (limited space)

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

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)

Child Loss Group

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

(No group on December 25)

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

Journey Through Grief Book Club Every

other Monday, 5:30 - 6:30 pm

(No group on December 25)

Caregiver Support Group

Tuesdays, 11:00 am - 12:00 pm

(No group on December 31)

Young Adult Grief Group

(Wednesdays, 5:30 pm to 6:30 pm)

(No group on December 25)

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.

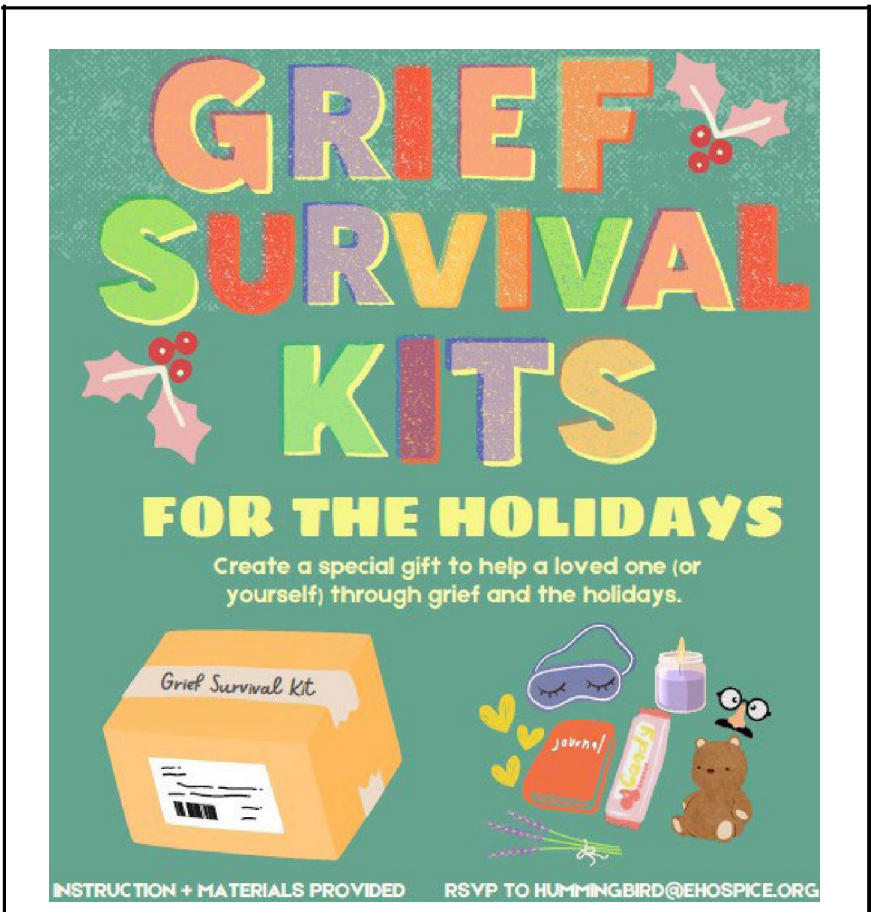
Littles (ages 3- 6)

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.



GRIEF SURVIVAL KITS

FOR THE HOLIDAYS

Create a special gift to help a loved one (or yourself) through grief and the holidays.

Grief Survival Kit

INSTRUCTION + MATERIALS PROVIDED RSVP TO HUMMINGBIRD@EHOSPICE.ORG

SATDEC 14, 1-JPM. CENTER FOR COMPASSIONATE CARE. ESCONDIDO

The Elizabeth Hospice
 art / craft / family friendly
 grief support / therapeutic

For more than 45 years, The Elizabeth Hospice, a 501(c)(3) nonprofit, has been providing medical and emotional support to patients and families facing the challenges of a life-limiting illness and restoring hope to surviving children and adults.