



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 2025

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

Tuesdays, 11:30 am – 1:00 pm

Wednesdays, 1st and 3rd

4:00 – 5:30 pm

Thursdays, 11:30 am – 1:00 pm

Parent Loss Group

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

2nd and 4th Thursdays, 7:00 - 8:30 pm

Child Loss Group

1st and 3rd 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

Sudden and Unexpected Loss Group

Call for details

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.