



# 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, nonjudgmental place for families and individuals to find comfort while learning coping skills. Most of our support groups are conducted online via Zoom. **Space is limited in many of the groups.** There is no charge to attend. All California residents are welcome. For more information, call 833.349.2054.

## Support Groups – March 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*

*Tuesdays, 11:30 am – 1:00 pm*

*Wednesdays, 1<sup>st</sup> and 3<sup>rd</sup>  
4:00 – 5:30 pm*

*Thursdays, 11:30 am – 1:00 pm*

#### Parent Loss Group

*1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 6:00 - 7:30 pm)  
2<sup>nd</sup> and 4<sup>th</sup> Thursdays, 7:00 -8:30 pm*

#### Sudden and Unexpected Loss Group

*Call for details.*

#### Child Loss Group

*1<sup>st</sup> and 3<sup>rd</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

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

#### Adventures Through Grief Group (in-person)

*Roleplaying, game-based support group for young adults, ages 18-24 (see reverse)*

*Date and Time to be determined. Call for more details.*

### 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.