



# 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.** There is no charge to attend. All California residents are welcome. For more information, call 833.349.2054.

## Support Groups – April 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*

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

#### Movement Through Grief Group

*Fridays, April 25-June 13, 11 am - Noon (8 sessions)*

*The Elizabeth Hospice - Mission Valley Office*

*8989 Rio San Diego Dr., Ste. 190, San Diego 92108*

#### 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 - 6:30 pm*

#### Adventures Through Grief Group

*Roleplaying, game-based support group for young adults, ages 13-17 (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.

# Wings of Hope

A free community event hosted by The Elizabeth Hospice

**Sunday, April 27**

**1:30 – 3:30 PM**

**California Center for the Arts, Escondido**

**340 N Escondido Blvd**

Butterfly release ceremony | Uplifting messages from our grief support team

Musical entertainment | Refreshments

**FREE. EVERYONE IS WELCOME.**

**Register Today!**

**<https://elizabethhospice.org/wings>**

## Adventures Through Grief:

### STEP INTO A WORLD OF HOPE AND HEALING AFTER LOSS

Discover a unique approach to coping with grief through our tabletop roleplaying game-based *Adventures Through Grief* program. Our grief counselors and music therapists will take on the role of game master to guide you on the quest of navigating life after losing a loved one.

*(More details on back.)*



930 Canterbury Pl, Escondido, CA  
elizabethhospice.org



The Elizabeth Hospice

## Adventures Through Grief

### GROUP MEETING DETAILS

#### Young Adult Group (Ages 13-17)

The Elizabeth Hospice

Dates and Times to be determined

All who are grieving are welcome – no prior role-playing game experience necessary. Participation is free of cost, but registration is required.

#### Register or learn more today

cindy.swayze@ehospice.org  
760-294-5864

The *Adventures Through Grief* program is an initiative of Blue Ridge Care. All program methodologies, materials, and content are proprietary to Blue Ridge Care and its project partners. *Adventures Through Grief* is made possible through philanthropic support provided by the New York Life Foundation.



Blue Ridge Care