



# 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. Currently, all 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 – May 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*

#### 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*

#### Movement Through Grief Group

*Fridays (April 25-June 13), 11 AM – Noon*

*8989 Rio San Diego Drive, Ste. 190, San Diego*

#### 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

*Tabletop, game-based support group for young adults*

*Date and Time to be determined.*

### 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 7-10)**

**Middles (ages 11-13)**

**Teens (ages 14-17)**

School-based children's Support Groups are available upon request at elementary, middle, and high school campuses throughout San Diego County and Southwest Riverside County.