



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

1st and 3rd Wednesdays, 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

Sudden and Unexpected Loss Group

Call for details

Child Loss Group

1st and 3rd Wednesdays, 6:00 – 7:00 pm

1st and 3rd 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 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.