

living with loss

support groups



THE CENTER FOR GRIEF CARE
AND EDUCATION

at San Diego Hospice

Open Groups

Open, ongoing bereavement support groups for adults are held throughout the county and professionally facilitated. There is no fee or reservation needed to attend. For more information, location, and updates, call (619) 278-6480.

Understanding Grief:

A Workshop for the Newly Bereaved

First Tuesday of Every Month

A workshop specifically designed for adults who have recently been impacted by a death. Held the first Tuesday of every month, from 6 to 7:30 p.m. in the Board Room at the San Diego Hospice and The Institute for Palliative Medicine (SDHIPM) Administration Building, located at 4311 Third Avenue, in Hillcrest.

Step by Step Walking Group

Support group for bereaved to meet and walk together around Mission Bay. Professional counselors are in attendance. Held every Saturday at 9 a.m., beginning in the parking lot adjacent to the Mission Bay Visitor Information Center on East Mission Bay Drive, located off of the Clairemont Drive exit at Interstate 5.

Central San Diego Evening Group

Held every Monday, from 6 to 7:30 p.m. in the W.M. Keck Conference Center at SDHIPM, 4311 Third Avenue, in Hillcrest.

Central San Diego Day Group

Held every Monday, from 1 to 2:30 p.m. in the North Conference Room at 404 Camino Del Rio South in Mission Valley.

North County Inland Group

Held every Tuesday, from 11 a.m. to 12:30 p.m. at the Rancho Bernardo Swim and Tennis Club, Club 21 Room, 16955 Bernardo Oaks Drive in San Diego.

South Bay Group

Held every Thursday from 1 to 2:30 p.m. at Norman Park Senior Center, 270 "F" Street in Chula Vista.

Please contact The Center for Grief Care and Education at (619) 278-6480 to request assistance due to a disability. We will make every effort to meet your needs, however accommodations cannot be guaranteed without adequate advance notice.

Specialty Groups

Professionally facilitated and time-limited, these closed groups require a pre-group participant interview. Groups are fee-based, with a sliding scale available. For information or to request an interview, please call (619) 278-6480.

Groups now forming:

Corazones Dolientes

An educationally based group for adult Spanish speakers. Open to participants with any loss.

Day by Day

Adult group for men and women who have experienced the loss of their spouses in mid-life.

Friend2Friend

Support group for adults who are impacted by the death of friends.

Legacies

Adult group for those impacted by the death of parents.

No Time for Goodbye

For adults who have lost a loved one through suicide, homicide, an accident or sudden natural causes.

Passages

Adult group for women who have experienced the death of their mothers.

Shattered Dreams

Supports parents whose infants died before, during, or shortly after birth.

Soul Survivors

A daytime bereavement support group for men and women who have lost spouses and are retired or approaching retirement.

Tapestries

Bereavement group for gay men and lesbians who have experienced the death of life partners.

Tender Hearts

Support group for adults impacted by the death of children.

GRIEF STREET

--- A Family Bereavement Program

Free, ongoing bereavement support groups for families with school-aged children through young adults. Program begins with a pizza dinner and family activity. Groups are time-limited, professionally facilitated, and are held on Tuesday evenings from 6 to 8 p.m. Call (619) 278-6480 for more information or to schedule a required pre-group interview.

For more information or to be added to our mailing list: (619) 278-6480 • griefinfo@sdhospice.org