



THE CENTER FOR GRIEF CARE
AND EDUCATION
at San Diego Hospice



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You matter.[™]

The Center for Grief Care and Education at San Diego Hospice
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Finding your
way forward

Support and education
in grief and loss

you

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San Diego Hospice and The Institute for Palliative Medicine is a 501 (c)(3) non-profit organization that relies on charitable support to provide its programs and services.

At The Center for Grief Care and Education, we are a resource offering emotional support and education about grief, loss and change after a death. Our professional therapists are available not only to families of patients of San Diego Hospice, but to anyone in our community who has been impacted by a death. In association with The Institute for Palliative Medicine, we also offer an educational program to train psychotherapists in all aspects of grief and loss.

Finding Your Way Forward

Everyone has their own way of grieving, adapting and living with loss. For some people, finding their way forward comes from talking and sharing; for others, it comes from listening or doing. That's why our highly trained therapists offer a variety of individualized services using various modalities, with individuals, families, groups, in workshops and specialized children's programs.

Our comprehensive services include:

- Therapist consultations and assessment sessions
- Counseling and therapy for adults, children, couples and families
- Professionally led bereavement support groups
- *Grief Street*: A Family Bereavement Program
- *Camp Erin San Diego*, an annual camp for bereaved children and teens ages 6-17

We're proud to offer the most extensive bereavement support network in San Diego County.

We are committed to offering our knowledge, our support and our expertise to serve the needs of our community. Anyone who has been touched by a death can be referred to The Center for Grief Care and Education. Many of our services are available at no cost,

When someone dies, a unique and individual process of grieving begins. Each person's grief journey is different.

When support from friends and family is not enough, professional counseling and grief therapy can help.

At **The Center for Grief Care and Education at San Diego Hospice**, we are a resource for those who are grieving. As part of San Diego Hospice, we have more than 30 years of professional experience in supporting grieving families.



while others are fee-based with a sliding scale based on individual circumstances. We are here to help those in our community who are grieving. We will provide the needed support and resources to help individuals find ways to adapt and adjust to their loss.

Advanced Education

Because of our decades of experience, students come to us from across the country to learn about grief care and education. We offer a one-year internship that provides exceptional training to developing therapists who are interested in the field of grief, loss and life transition. The largest of its kind in Southern California, our internship program is offered through The Institute for Palliative Medicine, the world-class research and education arm of San Diego Hospice.

Our professional clinical staff supervises students during the internship, serving as mentors and sharing their expertise. Interns have the opportunity to work with a diverse population of adults, children, couples, families and groups, supporting the family system before and after a patient's death. Our student therapists gain experience in grief and learn firsthand a wide range of therapies, including play therapy, sand tray and expressive arts therapies. In addition to the research-based educational curriculum, the value of the internship experience is having the honor of making a difference in someone's ability to move through their grief.

Counseling, grief support, community education, research.

All part of our commitment to the community.

For more information, please call us at **619-278-6480** or send us an e-mail at griefinfo@sdhospice.org.