



# Bereavement Support Groups

KP Southern California Hospice is here to support you through our bereavement program which is part of the Hospice care team. The death of a loved one impacts us in many ways. We each mourn in our own way and in our own time. While it is a completely normal process, it can be difficult and consuming. Scheduled support groups will discuss the stages of grief, how to cope, and grieve in healthy ways, and provide daily practical tasks to achieve emotional and physical wellness.

## \*SUPPORT GROUPS AVAILABLE TO YOU: NW LOS ANGELES COUNTY VALLEYS AGENCY

### Woodland Hills – (Day)

**Location: Virtual**

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays (10:00-11:30am)

RSVP: 818-832-7295 or 818-375-3528

### Simi Valley – (Evening)

**Location: Virtual**

1<sup>st</sup> & 3<sup>rd</sup> Mondays (5:00-6:30pm)

RSVP: 818-832-7295 or 818-375-3528

### Woodland Hills – (Evening)

**Location: Virtual**

1<sup>st</sup> & 3<sup>rd</sup> Thursdays (6:30-8:00pm)

RSVP: 818-832-7295 or 818-375-3528

### Panorama City – (Evening)

**Location: Virtual**

1<sup>st</sup> & 3<sup>rd</sup> Wednesdays (6:30-8:00pm)

RSVP: 818-832-7295 or 818-375-3528

## VALLEYS AGENCY (ANTELOPE VALLEY) – ON HOLD – PLEASE CALL

### Palmdale & Lancaster – (Evening)

**Location: Virtual/Call-In**

1<sup>st</sup> & 3<sup>rd</sup> Thursdays (5:00-6:30pm)

RSVP: 818-832-7295 or 818-375-3528

**No charge for attendance / Open to Kaiser Permanente Members.**

**\*Groups space is subject to availability, please call ahead to register.**