### **HOSPICE**



# Contact: Tara Mackie, LCSW Ph. 909-368-7398 Tara.N.Mackie@kp.org 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 feelings of grief, how to cope, healing in healthy ways, and provide daily practical tasks to achieve emotional and physical wellness.

## **VIRTUAL SUPPORT GROUPS AVAILABLE TO YOU: INLAND EMPIRE**

# **Morning**

Location: Virtual Call-In 2nd and 4th Tuesday 9:00am - 10:00am

# Afternoon

**Location: Virtual Call-In** 

**Mondays** 

3:00pm - 4:00pm

### IN-PERSON SUPPORT GROUPS AVAILABLE TO YOU: INLAND EMPIRE

#### Murrieta

Beginning January 16, 2024 1<sup>st</sup> and 3<sup>rd</sup> Tuesday 3:00pm - 4:30pm

#### Corona

Beginning February 6, 2024 1<sup>st</sup> and 3<sup>rd</sup> Tuesday 3:00pm - 4:30pm

## Fontana / Palm Court II

Beginning February 14, 2024 2<sup>nd</sup> and 4<sup>th</sup> Wednesday 11:00am - 12:30pm