

Hospice



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.

SUPPORT GROUPS AVAILABLE TO YOU: [San Diego](#)

Bereavement support groups are free and open to all Kaiser Permanente members and the community. To register for a group, please send an email request to:

KP-SD-BER@kp.org or call (619) 641-2251 for additional information.

San Diego Daytime Bereavement Group	10am – 11:30am	1 st and 3 rd Tuesday of Every Month	Garfield Medical Office 2 nd Floor – Richmond Conference Room
San Diego Evening Bereavement Group	5:30pm – 7:00pm	2 nd and 4 th Thursday of Every Month	La Mesa Medical Office Lower Level – Room B
North County Bereavement Group	10:00am – 11:30am	2 nd and 4 th Wednesday of Every Month	San Marcos Medical Office Building 3 2 nd Floor – Room D
South County Bereavement Group	1:00pm – 2:30pm	1 st and 3 rd Wednesday of Every Month	Otay Mesa Medical Office Building 4 – Room 144 Conference Room 3
Virtual Bereavement Group	11:00am – 12:00pm	1 st and 3 rd Thursday of Every Month	Please contact us for more information