



# 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 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:

DOWNEY, SOUTH BAY & BALDWIN PARK AREAS

### Afternoon Virtual

Every **1st** and **3rd Thursday** of the month **3:00pm – 4:30pm**

To register contact *Sofia Castaneda, Tri-Central Bereavement Coordinator* at:

**626-989-2665**

### Evening Virtual

Every **2nd** and **4th Wednesday** of the month **7:00pm - 8:30pm**

To register contact *Sofia Castaneda, Tri-Central Bereavement Coordinator* at:

**626-989-2665**

### Spanish Speaking Groups

Every **Thursday** *in-person* (**11am-12:30pm**) and *virtual* (**5pm-6:30pm**)

To register contact *Ruth Padilla-King, LCSW* at:

**626-814-6400**

### 2024 Morning In-Person 10-week Closed Sessions

Every **Thursday** from **May 16<sup>th</sup> to July 18<sup>th</sup>** **10:00am - 11:30am**

Location: **Baldwin Park region**

To register contact *Sofia Castaneda, Tri-Central Bereavement Coordinator* at:

**626-989-2665**

No charge for attendance / Open to the community

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

<https://homecare-scal.kp.org/hospice/bereavement-support/>