



# 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. If other offerings become available throughout the year they will be updated on this site. Please call our Bereavement Message Line at (818) 375-3528 for more information.

## SUPPORT GROUPS AVAILABLE TO YOU

**Location: Virtual**

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

Call / Email to Register: 818-375-3528 or  
[LA-Valleys-Bereavement@kp.org](mailto:LA-Valleys-Bereavement@kp.org)

**Location: In Person – Pasadena, CA**

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays - (11:00a - 12:30p)

Call / Email to Register: 818-375-3528 or  
[LA-Valleys-Bereavement@kp.org](mailto:LA-Valleys-Bereavement@kp.org)

**Location: Virtual**

Tuesdays - (7:00p - 8:30p)

Call / Email to Register: 818-375-3528 or  
[LA-Valleys-Bereavement@kp.org](mailto:LA-Valleys-Bereavement@kp.org)

**Location: Virtual**

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

Call / Email to Register: 818-375-3528 or  
[LA-Valleys-Bereavement@kp.org](mailto:LA-Valleys-Bereavement@kp.org)

**Limited Time Groups****Location: Virtual**

Thursdays - (6:30p - 8:00p) for 6 weeks

November 7<sup>th</sup> – December 19<sup>th</sup> (excluding Thanksgiving)

No new members after November 14<sup>th</sup>

Call / Email to Register: Brent Beavers, MA, BCC  
747-767-7745 or

[Brent.X.Beavers@kp.org](mailto:Brent.X.Beavers@kp.org)