

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) 209-2203** for additional information.

Please join us on one of the following dates:

San Diego Daytime Bereavement Group	10:00AM – 11:30AM	1 st and 3 rd Tuesdays	Rio San Diego Plaza 8954 Rio San Diego Drive San Diego, CA 92108	2nd Floor – La Jolla Room (meet in lobby)
San Diego Evening Bereavement Group	5:30PM – 7:00PM	2 nd and 4 th Thursdays	Kaiser Permanente La Mesa Medical Office 8080 Parkway Drive La Mesa, CA 91942	Lower Level – Room B
North County Bereavement Group	10:00AM – 11:30AM	2 nd and 4 th Wednesdays	Kaiser Permanente San Marcos Medical Office 400 Craven Road San Marcos, CA 92069	Building 3 2 nd Floor – Room D
Virtual Bereavement Group	11:00AM – 12:00PM	1 st and 3 rd Thursdays	This is a virtual group. All that is required is a telephone	Your Home