## **HOSPICE**





## 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 may discuss the tasks of mourning, 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

**Location: Virtual** 

Tuesdays - 7:00p - 8:30p

Call / Email to Register: 818-375-3528 or

LA-Valleys-Bereavement@kp.org

Location: In Person - Pasadena

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

**Location: In-Person – Thousand Oaks** 

1<sup>st</sup> & 3<sup>rd</sup> Thursdays – 9:00a – 10:30a

Call / Email to Register: 818-375-3528 or

LA-Valleys-Bereavement@kp.org

**Location: In-Person – Los Angeles (West Adams)** 

1<sup>st</sup> & 3<sup>rd</sup> Fridays – 11:00a – 12:30p

Call / Email to Register: 818-375-3528 or

LA-Valleys-Bereavement@kp.org

## For other offerings in Southern California please visit:

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