



Bereavement Support Groups

At KP Southern California Hospice, we understand that the loss of a loved one affects each of us deeply and uniquely. Our bereavement care team—an integral part of our hospice program—is here to support you through this journey. Grief is a natural and personal process, but it can also feel overwhelming. Our scheduled support groups offer a compassionate space to explore the tasks of mourning, learn healthy coping strategies, and engage in practical daily activities that promote emotional and physical wellness.

We are committed to walking alongside you. As new offerings become available throughout the year, updates will be posted on this site. Please call our Bereavement Message line at (818) 375-3528 for more information, and a trained volunteer will return your call.

SUPPORT GROUPS AVAILABLE TO YOU IN YOUR AREA

Evening Virtual

Every **1st** and **3rd** **Monday** of the month **5:00pm - 6:30pm**

Afternoon In-Person - Pasadena

Every **1st** and **3rd** **Tuesdays** from **11:00am - 12:30pm**

Afternoon In-Person - Los Angeles (West Adams)

Every **1st** and **3rd** **Fridays** from **11:00am - 12:30pm**

To register for a group or for more information, please contact:

Kristi Harrison Lightfoot, Metro and Valleys Bereavement Program Manager via telephone at: **818-375-3528** or via email at: **LA-Valleys-Bereavement@kp.org**

For other offerings in Southern California please visit:

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