



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.

SUPPORT GROUPS AVAILABLE TO YOU IN YOUR AREA

Morning Virtual

Every **1st** and **3rd Wednesday** of every month **10:00am – 11:30am**

Afternoon Virtual

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

Evening Virtual

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

2025 Morning In-Person 10-week Closed Sessions

Every **Thursday morning** from **October 3rd to December 5th** **10:30am - 12:00pm**

Location: **Tustin**

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

Sofia Castaneda, Orange County Bereavement Program Manager via telephone at: **626-989-2665**
or via email at: **Sofia.V.Castaneda@kp.org**

For other offerings in Southern California please visit:

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