



# 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 **1<sup>st</sup>** and **3<sup>rd</sup> Thursday** of every month **11:00am – 12:00pm**

### **Morning In-Person – North County**

Every **2<sup>nd</sup>** and **4<sup>th</sup> Wednesday** from **10:00am – 11:30am**

*San Marcos Medical Office - 400 Craven Road, San Marcos, 92069*

### **Morning In-Person – San Diego**

Every **1<sup>st</sup>** and **3<sup>rd</sup> Tuesdays** from **10:00pm – 11:30am**

*Rio San Deigo Plaza - 8954 Rio San Diego Drive, San Diego, CA 92108*

### **Evening In-Person – La Mesa**

Every **2<sup>nd</sup>** and **4<sup>th</sup> Thursday** from **5:30pm - 7:00pm**

*La Mesa Medical Office - 8080 Parkway Drive, La Mesa, CA 91942*

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

**San Diego Bereavement Program Office** via telephone at: **619-209-2203**

or via email at: **KP-SD-BER@kp.org**

**For other offerings in Southern California please visit:**

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