



Bereavement group community resources

Kaiser Permanente Hospice

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Central San Diego

Kaiser Hospice (daytime group in San Diego).....	(619) 209-2203
Jewish Family Services..... www.jfssd.org	(858) 637-3210
Naval Hospital Eagles Wings..... (2 groups for military spouses or parents)	(619) 234-9464
Grief Share – faith-based support – various locations www.griefshare.org	(619) 297-4366
Sharp HospiceCare..... www.sharp.com/classes	(800) 827-4277
Scripps – in-person and virtual groups..... www.scripps.org/events/	(760) 633-7784
Vitas Healthcare – A variety of virtual groups..... www.vitas.com/family-and-caregiver-support/support-groups	(888) 651-1178

East County

Kaiser Hospice (evening group in La Mesa).....	(619) 209-2203
Sharp HospiceCare (several groups)..... www.sharp.com/classes	(800) 827-4277

North County Coastal

Hospice by the Sea (Solana Beach)..... www.hospicebythesea.org	(858) 794-0195
Hospice of the North Coast (Carlsbad)..... www.hospicenorthcoast.org	(760) 431-4100
Lightbridge Hospice (Sorrento Valley)..... www.lightbridgehospice.org	(858) 458-2992
Scripps Memorial Hospital Encinitas	(800) 304-4430

North County Inland

- Kaiser Hospice (daytime group in San Marcos) (619) 209-2203
- Elizabeth Hospice (Escondido)..... (800) 797-2050
www.elizabethhospice.org/grief-support/adult/

South County

- Kaiser Hospice (daytime group in Otay Mesa) (619) 209-2203
- Grupo de Apoyo General para Hispanoparlantes..... (833) 349-2054
www.vitas.com/family-and-caregiver-support/support-groups

Special Interest Bereavement Groups

LGBTQ+ Community

- San Diego LGBT Community Center..... (619) 692-2077
www.thecentersd.org

After a Substance Abuse Passing

- Grief Recovery After Substance Passing/GRASP..... (619) 793-8958
www.grasphelp.org

Survivors of Suicide Loss

- Numerous support groups and various locations..... (619) 482-0297
www.soslsd.org

MISS Foundation

- Support and resources for traumatic loss..... (888) 455-6477
www.missfoundation.org

- Grief Support for Loss due to Violence**
www.pomc.org

Children/Teens/Families

Elizabeth Hospice/Camp Spero

- Counseling, support groups, bereavement camp..... (760) 796-3701
www.elizabethhospice.org/grief-support/children/

- Hospice of the North Coast** (Carlsbad)..... (760) 431-4100
(parents/children/teen groups; summer Camp Hope for families)
https://hospicenorthcoast.org

- Hope Bereavement Support:** Rady’s Children’s support program..... (858) 966-7584
www.rchsd.org/programs-services/spiritual-care/hope-bereavement-support-program

Death of a Child

- Compassionate Friends..... (619) 583-1555
(death of a child of ANY age)
www.compassionatefriends.org

- Empty Cradle..... (619) 595-3887
(death of a baby due to stillborn, miscarriage, or infant death)
www.emptycradle.org

Twins

- Twinless Twins (for those who have lost a twin)..... (619) 291-3931
www.twinlesstwins.org