

Bereavement Support Groups - 2025

HOSPICE & PALLIATIVE CARE



Bereavement Support Groups are free and open to all Kaiser Permanente members and the community. To register for a group, send an email request to: KP-SD-BER@kp.org or call (619) 209-2203 for additional information.

Please join us on one of the following dates:

| | | | | |
|---|------------------|--|--|--|
| San Diego Daytime Bereavement Group | 10 am – 11:30 am | 1 st and 3 rd Tuesdays | Rio San Diego Plaza 8954 Rio San Diego Drive San Diego, CA 92108 | 2 nd Floor – La Jolla Room (meet in lobby) |
| San Diego Evening Bereavement Group | 5:30 pm – 7 pm | 2 nd and 4 th Thursdays | Kaiser Permanente La Mesa Medical Office 8080 Parkway Drive La Mesa, CA 91942 | Lower Level – Room B |
| North County Bereavement Group | 10 am – 11:30 am | 2 nd and 4 th Wednesdays | Kaiser Permanente San Marcos Medical Office 400 Craven Road San Marcos, 92069 | Building 3 2 nd Floor – Room D |
| Virtual Bereavement Group <i>(beginning Sept 4)</i> | 11 am – 12 pm | 1 st and 3 rd Thursdays | This is a Virtual group. All you need is a telephone. | Your home |