

BEREAVEMENT GROUP COMMUNITY RESOURCE LIST

BEREAVEMENT GROUPS

CENTRAL SAN DIEGO

WIDOWS AND WIDOWERS

- Kaiser Hospice; 1 daytime adult group @ Vandevere Clinic (619) 641-4100
- Caring Ministries (La Jolla) – Quarterly (fee for workbook only) (858) 454-0713
- Jewish Family Services; www.jewishfamilyservicessd.org (619) 291-0473
- Up From Grief – First United Methodist Church (619) 297-4366
- Naval Hospital Eagles Wings (2 groups for military spouses or parents) (619) 234-9464
- Odyssey Hospice; www.odsyhealth.com (858) 565-2499
- San Diego Hospice, Center for Grief Care; www.griefinfo@sdhospice.org (619) 278-6480
- Vitas Innovative Hospice Care; www.vitas.com (858) 499-8910

EAST COUNTY

- Sharp Hospice Care (La Mesa) – many groups; www.sharp.com/hospice (619) 667-1900
- Kaiser Hospice; 1 evening adult group @ Kaiser La Mesa Clinic (619) 641-4100

SOUTH BAY

- Kaiser Hospice (adult day group - Otay Mesa Clinic) (619) 641-4100
- Sharp Hospice (Spanish-Speaking group); www.sharp.com/hospice (619) 667-1900

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
- Jewish Family Services (Rancho Bernardo); www.jewishfamilyservicessd.org (858) 674-6441
- Scripps Stevens Cancer Center (858) 626-6756
- Solana Beach Presbyterian Church (858) 509-2580

NORTH COUNTY INLAND

- Elizabeth Hospice (Escondido); www.elizabethhospice.org (800) 797-2050(760) 737-2050
- Fallbrook Hospice (1 afternoon group); www.fallbrookhospice.org (760) 728-1435
- Horizon Hospice (Poway); www.Horizonhospiceinsandiego.com (858) 748-3030
- Kaiser Hospice (1 adult day group – San Marcos Clinic) (619) 641-4100
- Rancho Bernardo Psychology Center (individuals/families) Joan Brentzel, Ph.D. (858) 451-0027
- Tri City Hospice (Vista) (760) 940-5801

SPECIAL INTEREST BEREAVEMENT GROUPS

FAMILY AND FRIENDS OF SUICIDE VICTIMS

- Survivors of Suicide Loss of San Diego (several support group locations in San Diego County); www.sosl.org (619) 482-0297

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AFTER A SUBSTANCE ABUSE PASSING

- Grief Recovery After Substance Passing/GRASP; www.grasphelp.org (619) 656-8414

EN ESPAÑOL (SPANISH)

- Sharp Hospice Care (Hospital de Sharp Chula Vista); www.sharp.com/hospice (619) 667-1900
- San Diego Hospice (Corazones Dolientes); [www.griefinfo@sdhospice.org](mailto:griefinfo@sdhospice.org) (619) 278-6480
- LGTB San Diego Community Center; www.thecentersd.org (619) 260-6380
(individuals and couples en Español) X 105

CHILDREN / TEENS / FAMILIES

- Rady Children's Hospital Hope Bereavement Support Program; www.rchsd.org/hope (858) 966-7492
- Jenna Druck Foundation – Families Helping Families; www.jdf-fhf.org (619) 294-8000
- San Diego Hospice, Center for Grief Care; [www.griefinfo@sdhospice.org](mailto:griefinfo@sdhospice.org) 619) 278-6480 (small fee may be involved)
- Hospice of the North Coast (Carlsbad); www.hospicenorthcoast.org (760) 431-4100
(parents/children/teen groups; summer camp for families – CAMP HOPE)

PEOPLE WHO HAVE HAD A CHILD DIE

- Rady Children's Hospital Hope Bereavement Support Program; www.rchsd.org/hope (858) 966-7492
(groups for parents & siblings of a child who has died)
- Compassionate Friends; www.sdtcf.org (619) 583-1555
(parents & siblings, any age child, any type of death)
- Empty Cradle – death of a baby due to stillborn, miscarriage, or infant death (619) 595-3887
- Jenna Druck Foundation/Families Helping Families; www.jdf-fhf.org (619) 294-8000
(any age, any type of death)
- San Diego Hospice, Center for Grief Care; griefinfo@sdhospice.org (619) 278-6480
(any age child, any type of death)

ADULT WHOSE PARENT HAS DIED

- San Diego Hospice, Center for Grief Care; [www.griefinfo@sdhospice.org](mailto:griefinfo@sdhospice.org) (619) 278-6480
(Daughters who have lost a Mother; Adults who have lost a Parent)
- Sharp Hospice Care; www.sharp.com/hospice (parent loss groups) (619) 667-1900

LESBIAN & GAY COMMUNITY

- San Diego LGBT Community Center; www.thecentersd.org 619) 260-6380
(individuals and couples) X 105
- San Diego Hospice, Center for Grief Care – Tapestries program (619) 278-6480
[www.griefinfo@sdhospice.org](mailto:griefinfo@sdhospice.org)

Twins

- Twinless Twins – for those who have lost a twin (619) 291-3931

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INTERNET

- <http://www.bereavedparents.usa.org/> (online Bereaved Parents of the USA)
 - <http://www.webhealing.com>
 - <http://www.griefnet.org>
 - <http://www.bereavementmag.com/> (online Bereavement Magazine)
 - <http://www.groww.com> (grief recovery online for all bereaved)
 - <http://www.missfoundation.org/> (The MISS Foundation online for death of a child)
 - <http://www.svlp.org/> (Survivors of Violent Loss online support service)
 - <http://www.grasphelp.org> (Grief recovery after a substance passing)
 - <http://www.griefsong.com/> (Healing the Loss w/ Paul Alexander, Music & Bereavement Resources)
 - www.widowswearestilletos.com (online support for young widows)
- *PLEASE NOTE: FEE INFORMATION FREQUENTLY CHANGES AND THERE MAY BE FEES WHERE THERE IS NO INFORMATION LISTED REGARDING FEES. PLEASE ASK ABOUT FEES WHEN YOU PHONE THESE RESOURCES FOR INFORMATION.*

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