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Community Grief Support Groups

If you are experiencing a mental health crisis and need to speak with someone emergently, please call the National Suicide Prevention Line at 1-800-273-TALK (8255). This is a 24-hour, 7-day per week toll free service.

Compassionate Friends, San Diego California Chapter

Scripps Mende Well-Being Clinic, University Town Center
4305 La Jolla Village Drive, San Diego, CA 92122.
619-583-1555 (recorded information and a callback if requested)
www.compassionatefriends.org or <http://www.sdtcf.org/>

An international self-help support organization that offers friendship, understanding and hope to bereaved parents, grandparents and siblings following the death of a child at any age, from any cause. The San Diego Chapter meets the first Wednesday of each month @ 7:00 p.m. There is no religious affiliation and there are no membership dues or fees. You can email or call with questions: leaders@sdtcf.org

Eagles Wings

2115 Park Boulevard, San Diego, CA 92101. Located at the Caring Outreach of Veterans Memorial Center and Museum of San Diego
619-234-9464
<http://www.veteranmuseum.org/eagleswings.html>

Provide assistance to veterans whose lives have been permanently altered by the death of their spouse. The program consists of a series of four presentations that provide information about the grieving process. Following each presentation, professional facilitators lead small group sessions. Issues of a spiritual and religious nature are treated respectfully for all individual views and beliefs. Sessions are offered on four consecutive Sunday afternoons during the months of January, April, July and October. Check the **Veterans Museum and Memorial Center** Calendar of Events online for any last minute changes to the schedule. You may also contact a member of the staff by telephone or e-mail. eglewing@pacbell.net

Elizabeth Hospice Bereavement Services

150 West Crest Street, Escondido CA 92025
760-737-2050
800-797-2050
www.elizabethhospice.org

Offers open and free drop-in "Circle of Care" Grief Support Groups in various North County locations. Specialized, topic-specific and time-limited groups are also offered for a small fee/sliding scale. These include groups for spousal, parental, mother, child loss, "the second year of loss" and "healing the heart of a man" - for men who have experienced a loss of any kind.

Empty Cradle

Meetings held in North County, Southern Riverside and San Diego
619-595-3887 & 951-686-5677
<http://www.emptycradle.org/support>

Monthly self-help support groups for parents who have experienced the loss of a baby due to miscarriage, stillbirth or infant death. Individual phone support is also available through a network of trained parents who have also experienced a loss. Pre-registration required. Services provided at no charge. Call for meeting information, and/or assistance.

Empty Cradle, North County: Meets on the first Wednesday of each month 7:00 to 9:00 pm.

All Saints Episcopal Church
651 Eucalyptus Ave
Vista, CA 92084-6241, US

Empty Cradle, Southern Riverside County: Meets on the second Wednesday of the month 7:00 to 9:00 pm.

Mary Phillips Senior Center
41845 6th St
Temecula, CA 92590-1825, US

Empty Cradle, East County San Diego: Meets on the third Wednesday of each month from 7:00 to 9:00 pm.

San Carlos United Methodist
6554 Cowles Mountain Blvd.
San Diego, CA 92119-2652

Empty Cradle Telephone Support: Parents can receive individual telephone support through a network of trained resource parents, all of whom have experienced a loss. Parents who are in need of support are matched with a resource parent that has had a similar type of loss. The resource parent can offer comfort, support, friendship and hope to the newly bereaved parent.

Empty Cradle Telephone Support for Subsequent Pregnancy - available to those parents who are experiencing a subsequent pregnancy, as this can be a very scary time for parents who have experienced a previous loss. Parents can request telephone support by calling the Empty Cradle phone line (619) 595-3887 or (951) 686- LOSS (5677). You may also request phone support with an email form located at <http://www.emptycradle.org/support>

Fallbrook Hospice

760-731-7741 for additional information.

A free drop in group is held every Tuesday from 3:00-4:00 pm at the Silvergate Retirement Residence Library located at 420 Elbrook Dr, Fallbrook, CA 92028.

Families Helping Families , Program of The Jenna Druck Foundation

2820 Roosevelt St. Suite 200, San Diego, CA 92106
619-294-8000

<http://www.jennadruck.org/>

Click on Families Helping Families, then click on Support Services

Provides support to bereaved families, adults, teens and children who have experienced the loss of a loved one. Call for information on the different groups dates/times/locations.

Hospice of the North Coast

760- 431-4100 for registration and general information.

<http://www.hospicenorthcoast.org/>

Bereavement support groups, facilitated by professional grief counselors, meet weekly. For registration and general information, call the Bereavement Department.

Jewish Family Services of San Diego, Jewish Healing Center

858-637-3070

<http://www.jfssd.org/>

Offer various bereavement support groups for people with recent and longer term losses. Call for more information, schedules and locations.

Kaiser Permanente Hospice

Call Kaiser Hospice 619-641-4100 for more information.

Drop in groups are free and open to the community on various days, times and locations, including two San Diego locations, La Mesa, and San Marcos. A hospice staff social worker facilitates these ongoing groups.

San Diego Hospice – various locations

619-278-6480

www.sdhospice.org *Click on 'Center for Grief Care and Education' – click on 'What We Do For You' – click on "Living With Loss Support Groups."*

Open and free groups, as well as specialty groups on a sliding scale. Bereavement groups are designed for children, teens, families and adults, as well as groups specifically designed for loss of a spouse, friend, parent, a young infant or child, or a partner, including a group for gay men and lesbians who have experienced the death of life partners. A group for Spanish speakers is also available. Call for more information.

Sharp Hospice Care

Call 619-667-1821 for dates and locations (San Diego, La Mesa)

www.sharp.com

Bereavement support groups are offered at no charge.

An 8-week Widows/Widowers' groups involves a screening interview. Preregistration required: 619-667-1821.

A 10-week "Straight Talk about Loss" series of presentations meets on Wednesday evenings @ 6:00pm - no registration required. Please call for specific dates of presentation series and address.

Solana Beach Presbyterian Church Senior Center

858-509-2580.

Offers a 5-week grief support group series at no charge several times a year for persons 55 years and older. Group is held on Wednesday evening. Call for schedule and address.

Survivors of Suicide Loss of San Diego County

P. O. Box 4325, La Mesa, CA 91944

619-482-0297

www.soslsd.org

Program offers support to anyone who has suffered the loss of a family member, relative, or friend by suicide. Bereavement groups are held in various locations in San Diego County. Support groups for teens are also available. Call for dates/times or check the website for schedule/locations.

Survivors of Violent Loss Program, San Diego

619-685-0005 www.svlp.org

3660 Clairemont Drive, Suite 2, San Diego, CA 92117

Provides comprehensive support, educational, and clinical services for families and friends of victims of violent death. Losses include homicide, suicide, DUI, child abuse, and terrorist fatalities. A free drop in group is currently offered twice monthly in San Diego every 2nd Tuesday from 6:30 to 8:00pm and every 4th Monday from 6:30-8:00pm. Call for more information.

Tri City Hospice

2095 West Vista Way, Vista, CA 92083 <http://www.tricitymed.org/>

Bereavement Support Group – professionally led group meets weekly. No registration is required.

Call 760-940-5884 for dates and times. Free.

Walking Group – you may join others who lost a loved one to walk in scenic local areas followed by a social group. Call 760-940-5801 for dates and times. Free.

Vet Centers of San Diego County - Three locations

Individual counseling for bereaved spouses, parents and children of armed forces personnel who died while serving. Call for additional information.

2790 Truxtun Road, Suite 130 San Diego, CA 92106, 858-642-1500

1 Civic Center Drive, Suite 150, San Marcos, CA 92069, 760-744-6914

180 Otay Lakes Road, Suite 108, Bonita, CA 91902, 858-618-6534 Or 858-404-8380

VITAS Hospice

858-499-8901 www.vitas.com

VITAS offers free bereavement support groups in various San Diego County locations. Contact bereavement manager, Lydia Lesar for information.