

Bereavement Support Groups

Open to anyone in the community. Participation at no cost.

General Drop-in Grief Support Groups

(ongoing)

1ST & 3RD Wednesdays / month

10:30 am -11:30 am

Lifelong Learning Center Oasis
5500 Grossmont Center Drive, Suite 325
La Mesa, CA 91942
619/881-6262

Caregiver Support Group

3rd Tuesday

10:00 am – 11:00 am

The Montera Senior Living
5740 Lake Murray Blvd.
La Mesa, CA 91942

Special Groups

Writing Your Grief – Support Group

1st Tuesday / month

5:00 pm – 6:00 pm

La Mesa Library
8074 Allison Avenue
La Mesa, CA 91942

Grupo de Apoyo – Español

Tercer Lunes cada mes

6:00 pm – 7:00 pm

Plaza Village Social Senior Living and Care
950 L Ave
National City, CA 91950



For more information please contact **VITAS®** Healthcare
Ben Janzen, Dr. Theol., Ph.D. – Bereavement Services Manager
858/499-8901 x 4913



WE HONOR VETERANS



**The
Compassionate
Friends**
Supporting Family After a Child Dies

<https://www.compassionatefriends.org/chapter/san-diego-county-chapter/>



Loss of a spouse:

<http://www.soaringspirits.org>



Survivors of Suicide

<http://www.survivorsofsuicide.com/>

Violent Loss Resources

www.svlp.org



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WE HONOR VETERANS

LBGT Bereavement Support Group

1st and 3rd Mo at 5:30 pm.

The Center
3909 Centre St
San Diego, CA 92103
619.269.2077 x 208

Alzheimers



www.alz.org

<https://www.alzconnected.org/>

or



For LGBTQ Seniors

www.sageusa.org