

Trauma Intervention Programs (TIP) of San Diego County
2560 Orion Way
Carlsbad, CA 92010
www.tipsandiego.org

760-931-2104 North County Office
619-697-4936 East County Office

Bereavement Support Groups

San Diego County Resource List

NORTH COUNTY COASTAL

Grief Recovery After Substance Passing (GRASP)

Tri-City Medical Center
4002 Vista Way
Oceanside, CA 92056
847-494-4991

2nd Thursday of every month 7:00-8:30 p.m.
Lower Level
Pre-register with Jody Daitchman
or jdaitchman@yahoo.com

Compassionate Friends

UTC Scripps Well Being Center
4305 La Jolla Village Drive
La Jolla
(619) 583-1555

1st Wednesday of every month 7:00 p.m.
www.sdpcf.org

Hospice by the Sea

(858) 794-0195
Encinitas Senior Center
1140 Oakcrest Park Drive, Room 140
Encinitas, 92024

1st and 3rd Mondays 2:30-3:30 p.m.

Hospice of North Coast

5441 Avenida Encinas Suite A
Carlsbad
(760) 431-4100

Tuesdays 1:30-3:30 p.m.
Thursdays 5:30-7:00 p.m.

Elizabeth Hospice

Foundation Center for Compassionate Care
2111 Geneva Street, Suite 100
Oceanside

Wednesdays 2:30-3:30 p.m.

San Diego Family Counseling

341 S. Cedros #D
Solana Beach
(858) 792-8585

Periodic Groups

Tri City Hospice Services

2095 W. Vista Way, Suite 217
Vista, 92083
(760) 940-5801

Mondays 10:30 a.m.-Noon
& 5:30-7:00 p.m.
Also have day activities & potlucks

VITAS Hospice 858-499-8901

Oceanside

St. Mary by the Sea
609 Pier View Way
Oceanside, CA 92054

Thursdays 3:00-4:00 p.m.

La Jolla

Florence Riford Adult Center
6811 La Jolla Blvd
La Jolla, CA 92037

Wednesdays 3:00-4:00 p.m.

Rancho Santa Fe

Rancho Santa Fe Senior Center
16780 La Gracia
Rancho Santa Fe, CA 92067

Thursdays 2:00-3:00 p.m.

NORTH COUNTY INLAND

Elizabeth Hospice

150 W. Crest Street
Escondido, 92025
(760) 737-2050

Fridays 9:00-10:30 a.m. (Newly Bereaved)
Wednesdays 6:00-7:30 p.m.

Escondido

Joslyn Senior Center
728 North Broadway
Escondido, CA

Thursdays 1:30-3:30 p.m.

Poway

Pomerado Professional Plaza
15706 Pomerado Road, Suite S-207
Poway, CA

Mondays 6:00-7:00 p.m.

San Marcos

San Marcos Senior Center
111 Richmar Ave.
San Marcos, CA

Thursdays 9:30-11:00 a.m.

Ramona

Ramona Senior Center
434 Aqua Lane
Ramona, CA

Fridays 10:30 a.m.-noon

Vista

North Coast Church Conference Room
1132 N. Melrose
Vista, CA

Fridays 10:00-11:30 a.m.

San Diego Hospice

Escondido

3012 Bear Valley Parkway South
760-735-8084

Thursdays 1:30-3:30 p.m.

Poway

11885 Cypress Canyon Road
Scripps Ranch

Tuesdays 11:00 a.m.-12:30 p.m.

Fallbrook Hospice

420 Elbrook Drive
Fallbrook, 92028
(760) 728-1435 - Hospice
(760) 728-1191 xt.378 (home health care)

Bereavement Support Group
Tuesdays 3:00 p.m.

VITAS Hospice **858-499-8901**

Escondido
Redwood Terrace, Dittus Hall
710 West 13th Avenue
Escondido, CA 92025

Thursdays 2:30-3:30 p.m.

Horizon Hospice

Poway

Poway Senior Center
13049 Civic Center Drive
Poway, Ca 92064
(858) 748-3030

1st and 3rd Wednesdays 9:30 a.m.

Ramona

Ramona Adult Day Health Center
2138 San Vicente Road
Ramona, CA 92065

1st and 3rd Wednesday 3:00 p.m.

SAN DIEGO CITY AREAS

San Diego Hospice

Center for Grief Care & Education
WM Keck Conference Center
4311 Third Avenue
San Diego, 92103
(619) 278-6480

Understanding Grief-Every 2nd Tuesday 6:00-7:30 p.m.
Support Groups Every Monday 6:00-7:30 p.m.

Central San Diego

2nd Floor Board Room
404 Camino Del Rio South
Mission Valley

Mondays 1:00-2:30 p.m.

Jewish Family Services

Healing Center
8804 S. Balboa Ave.
San Diego, 92123
(858) 637-3070

Jewish Spiritual Support Bereavement Group
Moving on After Bereavement: Rebuilding your life
Periodic Groups – various meeting cites
www.JFSSD.org
Open to all faiths

Kaiser Permanente Hospice

San Marcos Clinic
400 Craven Road, Bldg 3, 2nd Floor, Room C
San Marcos, 92069
(619) 641-4100

2nd and 4th Wednesdays 10:00-11:30 a.m.

Kaiser Permanente Hospice

2nd and 4th Tuesdays 5:30-7:30 p.m.

San Diego Clinic

10990 San Diego Mission Road, 1st Floor
San Diego, 92108
(619) 641-4100

The Association for Compassionate Transformation (ACT)

Call for Dates and Times

12526 High Bluff Drive, Suite 300
San Diego, CA 92130
858-792-3541
www.a4ct.com

Vitas 858-499-8901

Kearney Mesa

Thursdays 3:00-4:00 p.m.

The Leukemia & Lymphoma Society
9150 Chesapeake Drive
San Diego, CA 92123

Central

Wednesdays 2:30-3:30 p.m.

St. Paul's Manor
2365 Second Avenue
11th Floor LUV Lounge
San Diego, CA 92103

EAST COUNTY

Compassionate Friends

UTC Scripps Well Being Center
4305 La Jolla Village Drive
(619) 583-1555

Death of a Child Support Groups
1st Wednesday of every month 7:00 p.m.
www.sdtcf.org

Kaiser Permanente Hospice

2nd and 4th Thursdays 5:30-7:00 p.m.

250 Travelodge Drive, Basement Conference Room
El Cajon, 92020
(619) 641-4100

VITAS Hospice 858-499-8901

Lakeside

Thursdays 3:00-4:00 p.m.

Lakeside Community Center
9841 Vine Street
Lakeside, 92041

Sharp-Grossmont Hospice

Fletcher Parkway Medical Center
8881 Fletcher Parkway, Room 340
La Mesa, 91942
(619) 667-1821 to register

Parent Loss Group-Call for schedule
Widower's Group-Call for schedule
Drop in Support Group-Mondays 6:00-8:00 p.m.

SOUTH BAY

Kaiser Permanente Hospice

1st and 3rd Wednesdays 10:00-11:30 a.m.

4650 Palm Avenue, Bldg A, 1st Floor, Room 1

San Diego, 92154
(619) 641-4100

San Diego Hospice

(619) 278-6480

Norman Park Senior Center

270 F Street

Chula Vista

(619) 691-5086

Thursdays 1:00-2:30 p.m.

VITAS Hospice 858-499-8901

Scripps Mercy Hospital

435 H Street

Chula Vista, 91910

Wednesdays 5:30-6:30 p.m.

Updated 5.18.11