



GRIEF SUPPORT GROUPS

THE HOPE BEREAVEMENT CENTER

Our programs related to grief and loss provide a safe and nurturing environment for those who have experienced the death of a loved one. Please join us to share with others who are also on this difficult journey.

All programs are open to Hospice families and the community at no cost. Donations are graciously accepted.

For individual or family counseling please call our offices at 760-431-4100 to schedule an appointment.

- **Pathways ~ A Journey through Grief**
An Open Group for Adults ~ a variety of grief topics ~ Every Tuesday ~ 1:00pm - 2:30pm
2525 Pio Pico Drive, Carlsbad, CA, 1st Floor/ Suite 102
- **Healing Your Grief**
An Open Group for Adults ~ Every Thursday ~ 5:30pm - 7:00pm
2525 Pio Pico Drive, Carlsbad, CA, 1st Floor/Suite 102
- **Child Loss**
Adults ~ 2nd & 4th Saturdays ~ 10:00am - 12:00pm
St Patrick's Catholic Church - 3821 Adams St, Carlsbad, CA
- **St. Patrick's Grief Support Group**
Adults ~ 2nd & 4th Thursdays ~ 1:00pm - 2:30pm
Hospice of the North Coast – 2525 Pio Pico Drive, Carlsbad, CA, 1st Floor/Suite 101
- **North Coast Church Grief Support Group**
Adults ~ Every Friday ~ 10:00am – noon
North Coast Church – 2405 North Santa Fe Avenue, CA, Adult Classroom A
- **Yoga Grief**
Adults ~ Every Thursday ~ Now thru June 22 ~ Resuming July 13–August 17 ~ noon to 1:00pm
Hospice of the North Coast – 2525 Pio Pico Drive, Carlsbad, CA, 1st Floor/Suite 101