



Providence LA County and KidsCare Bereavement Services Grief Support Groups



GROUPS MEET VIA ZOOM

Groups for adults are for those who have experienced the loss of a loved one at least three months past the date of death and up to two years. Our purpose is to encourage healing and confidence in those experiencing a death of a loved one.

Adult Grief Groups & Workshops

Healing Through Grief
Loss of Spouse/Partner
Loss of Parent
Loss of Child
Spanish Grief Support
Newly Bereaved Workshop
Young Adult Grief Workshop (19 to 26 years)
Moving Forward Workshop
Hope for the Holiday Workshops



Youth Grief Groups

Little Kids Can (ages 5-8 years)
Big Kids Can (ages 9-12 years)
Teenage Grief (ages 13-18 years)
Hope for the Holiday Workshops

Support Groups Provide:

- Educational information about grief
- A safe place to grieve
- The opportunity to share and embrace memories
- Compassionate support
- Relate to others who are also grieving
- Develop new methods of coping and problem solving
- Hope and healing

Comments from Past Participants:

It was special to have a supportive and compassionate group who shared their experiences. It was a safe place to share from the heart.

Very grateful for being with a group of "people who get it."

This was very healing. I am better because of this group.

A phone assessment and registration forms are required before registration is completed. For more information about our groups or to register, please call (310) 543-3437 or email nancy.langevin@providence.org.