

# GRIEF AND LOSS SUPPORT

(Updated 11/2022)

The loss of a loved one can change your world. It can affect how you feel, how you act and what you think. It's a natural response to loss. People can grieve in very different ways, and you should let yourself grieve in your own way and time.

Grief is not a problem to be solved, it is a process to be lived. Adult natural grief reactions can include disbelief, forgetfulness, changes in sleep and appetite, feelings of restlessness or lethargy, depression, loneliness, anger, guilt, and relief.

Many people find they benefit from being with others who care and can listen to their feelings and provide support. Below are some local resources that may be helpful to you. While we cannot endorse these resources, they may help you explore new and accessible offerings available for little to no cost.

Name of Service/Contact	Description	Notes
<b>Good Grief Support Group</b> <a href="http://bede.org/good-grief">bede.org/good-grief</a>  818-949-4300	<ul style="list-style-type: none"> <li>• Spring and fall only</li> <li>• 6-week support group</li> <li>• Held at St. Bede the Venerable Catholic Church in La Canada.</li> </ul>	<ul style="list-style-type: none"> <li>• Fees may apply</li> </ul>
<b>Beyond Good Grief Support Group</b> <a href="http://bede.org/beyond-good-grief">bede.org/beyond-good-grief</a>  818-409-8008	<ul style="list-style-type: none"> <li>• Bereavement Support held on 3<sup>rd</sup> Wednesdays on an ongoing basis</li> <li>• Held at St. Bede the Venerable Church, La Canada.</li> </ul>	<ul style="list-style-type: none"> <li>• Fees may apply</li> </ul>
<b>Forest Lawn Grief</b> <a href="http://forestlawn.com/about-us/grief-resources/">forestlawn.com/about-us/grief-resources/</a>  888-204-3131, ext. 4662	<ul style="list-style-type: none"> <li>• Grief Recovery Support Group</li> <li>• Grief articles in English and Spanish</li> <li>• Virtual and in-person seminars</li> </ul>	<ul style="list-style-type: none"> <li>• Fees may apply</li> </ul>
<b>Grief Share</b> <a href="http://www.griefshare.org/">www.griefshare.org/</a>  800-395-5755	<ul style="list-style-type: none"> <li>• Grief Recovery Support Groups throughout the US, Canada, and other countries.</li> <li>• Free daily email encouragement</li> </ul>	<ul style="list-style-type: none"> <li>• Small fee may be required</li> </ul>
<b>On Bright Wings</b> <a href="http://onbrightwings.com/">onbrightwings.com/</a>  818-667-1641	<ul style="list-style-type: none"> <li>• Grief support</li> <li>• Bedside companionship/support</li> <li>• Death counseling/support</li> <li>• Creative, educational, and therapeutic workshops</li> <li>• Group activities</li> </ul>	<ul style="list-style-type: none"> <li>• Fees apply</li> </ul>
<b>Our House Grief Support Center</b> <a href="http://www.ourhouse-grief.org/">www.ourhouse-grief.org/</a>	<ul style="list-style-type: none"> <li>• Adult and children grief support groups</li> <li>• School-based grief support</li> </ul>	<ul style="list-style-type: none"> <li>• Fees may apply</li> <li>• Spanish available</li> </ul>

**USC Verdugo Hills Hospital**

Keck Medicine of USC

**Community Resource Center for Aging**

310-473-1511	<ul style="list-style-type: none"> <li>Professional grief trainings</li> <li>Online articles and resources</li> </ul>	
<b>Soaring Spirits International</b> <a href="http://soaringspirits.org/about-us/">soaringspirits.org/about-us/</a>  877-671-4071	<ul style="list-style-type: none"> <li>Non-denominational organization</li> <li>Local and international grief support groups connect widowed people with each other.</li> <li>Virtual and In-Person groups available</li> </ul>	<ul style="list-style-type: none"> <li>Fees may apply</li> </ul>
<b>Beyond Loss - A Bereavement Ministry</b> <a href="http://www.adventisthealth.org/glendale/patient-resources/beyond-loss-bereavement-ministry/">www.adventisthealth.org/glendale/patient-resources/beyond-loss-bereavement-ministry/</a>  818-350-5484	<ul style="list-style-type: none"> <li>Individual grief counseling</li> <li>Weekly Grief Support Group at Adventist Health Hospital</li> <li>Suicide prevention, intervention, and post-vention support groups</li> <li>Online only and always accepting new patients</li> </ul>	<ul style="list-style-type: none"> <li>Annual group fee \$50</li> <li><b>Adult Grief</b>  Mon 6-7pm  Wed 11am-12:30pm</li> <li>Survivors of Suicide  Tues</li> </ul>
<b>American Association of Retired Persons (AARP)</b> <a href="http://www.aarp.org/">www.aarp.org/</a>  888-687-2277	<ul style="list-style-type: none"> <li>Grief and Loss Resources</li> </ul>	<ul style="list-style-type: none"> <li>Free resources</li> <li>Fees apply for membership</li> </ul>
<b>Compassionate Friends</b> <a href="http://www.compassionatefriends.org/">www.compassionatefriends.org/</a>  818-236-3635 323-347-9469 (Spanish)	<ul style="list-style-type: none"> <li>Grief Support After Death of a Child (any age)</li> <li>Family support groups available</li> <li>Meets the 4<sup>th</sup> Thursday of each month at 7:30pm. During November and December, the group meets on the 3<sup>rd</sup> Thursday</li> <li>Currently meeting online only</li> </ul>	<ul style="list-style-type: none"> <li>Free</li> </ul>
<b>VITAS Hospice</b> <a href="http://www.vitas.com/family-and-caregiver-support/grief-and-bereavement">www.vitas.com/family-and-caregiver-support/grief-and-bereavement</a>  855-768-0286	<ul style="list-style-type: none"> <li>Grief Support Groups to help meet the needs of caregivers</li> <li>Phone-in and Zoom support groups</li> <li>Online resources</li> </ul>	<ul style="list-style-type: none"> <li>Free</li> </ul>
<b>San Gabriel Valley Grief Resource &amp; Training Center</b> <a href="http://sangabrielvalleygrief.org/">sangabrielvalleygrief.org/</a>  626-866-1748 <a href="mailto:Info@sangabrielvalleygrief.org">Info@sangabrielvalleygrief.org</a>	<ul style="list-style-type: none"> <li>Spousal Grief groups</li> <li>Teen Grief groups</li> <li>Young Adults (19-35 years old) groups</li> </ul>	<ul style="list-style-type: none"> <li>Fees apply</li> </ul>

<p><b>Caring Partners Hospice</b>  <a href="http://www.caringpartnershospice.com">www.caringpartnershospice.com</a>  818-293-1883</p>	<ul style="list-style-type: none"> <li>• Full spectrum of care designed to minimize physical pain and maximize emotional/spiritual well-being</li> <li>• Palliative care, bereavement counseling, medical supplies/equipment and more</li> <li>• Multiple languages: Spanish, Russian, Armenian, and French</li> </ul>	<ul style="list-style-type: none"> <li>• Accepts Medicare, Blue Shield of California, United Health Care</li> </ul>
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