

USC Verdugo Hills Hospital

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GRIEF AND LOSS SUPPORT

The loss of a loved one can change your world. It can affect how you feel, how you act and what you think. People can grieve in very different ways, and you should allow yourself to 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. Here are some local resources that may be helpful.

While we cannot endorse these resources, they may help you explore new and accessible offerings available for little to no cost.

The [USC VHH Community Resource Center for Aging](#) can help, contact us at **818-949-4033** or aging-resources@med.usc.edu. To learn more, visit: uscvhh.org



SUPPORT GROUPS

Free to low-cost community support groups – call for dates and times.

Glendale & Foothill Communities

Adventist Health - Beyond Loss

(818) 350-5484
adventisthealth.org

Compassionate Friends Verdugo Hills Chapter

(818) 236-3635
compassionatefriends.org

La Canada Presbyterian Church Grief Support

(626) 840-7339
lacanadapc.org

St. Bedes Good Grief & Beyond Good Grief

(818) 409-8008
bede.org

USC VHH Community Resource Center for Aging Grief & Loss: Beyond Blue

(818) 949-4033
uscvhh.org/aging-resources
uscvhh.org

Additional resources for in-person & virtual groups

Compassionate Friends

(818) 236-3635

(323) 347-9469 – Spanish

compassionatefriends.org

Grief Share

(800) 395-5755

griefshare.org

On Bright Wings

(818) 667-1641

onbrightwings.com

Our House Grief Support Center

(Spanish available)

(310) 473-1511

ourhouse-grief.org

San Gabriel Valley Grief Resource

(626) 866-1748

sangabrielvalleygrief.org

Soaring Spirits International

(877) 671-4071

soaringspirits.org

VITAS Healthcare

(855) 768-0286

vitas.com/family-and-caregiver-support

CAREGIVER SUPPORT GROUPS

See Caregiver Support resource page.

INDIVIDUAL COUNSELING

See Mental Health resource page.

END-OF-LIFE SUPPORT

See End-of-Life resource page for additional resources.

SEMINARS ON GRIEF

Forest Lawn Grief Resources

(888) 204-3131x4662

forestlawn.com/about-us/grief-resources

NOTE: This does not constitute a recommendation or endorsement of these agencies but can be utilized as a convenience in locating services to meet specific needs that an individual or family member may have.