

# GRIEF SUPPORT GROUPS

**Hoffman Hospice:** Weekly grief support group meetings are free of charge and open to the public, no reservations are required. You need not have a loved one on service to attend.

- **Adults:** Tuesdays 6-7 p.m – 4401 Buena Vista Road  
Thursdays, 10-11 a.m. – 8501 Brimhall Road
- **Children and Teens:** Thursdays 5:30 p.m. to 6:30 p.m. – 8501 Brimhall Road
- **Healing Hearts:** For parents who have suffered the loss of a child, Wednesdays 5:30 p.m. to 6:30 p.m. – 4401 Buena Vista Road

**Optimal Hospice:** Offers Grief Support Groups for anyone in the community who has experienced a loss. Groups are free of charge. No registration is required. For information call 371-2102.

- **Adult Group** Tuesday Morning 10:00 - 11:30 am, First United Methodist Church 4600 Stockdale Hwy, Room 3
- **Adult Group** Thursday Evening 6:00 - 7:30 pm, First United Methodist Church 4600 Stockdale Hwy, Room 3
- **Kids Grief Connection** Thursday Evening 6:00-7:30 pm, First United Methodist Church 4600 Stockdale Hwy, Rooms 1 & 2
- Kern Valley Grief Support Group, each Wednesday 1:00-2:30 pm, 6504 Lake Isabella Blvd., Ste E, contact 760-379-5038 for additional information

**Bakersfield Survivor Suicide Support Group:** This service is for families or people who have lost a loved one to suicide. This will be a place to share your grief, find hope and achieve healing. It is a peer-led group by others who have lost someone to suicide. There are no fees. Group meets first and third Tuesday of every month, 6:00 to 7:30 pm. 5121 Stockdale Hwy, Bakersfield, CA 93309, (661) 868-1552

**[www.griefshare.org](http://www.griefshare.org)** What is GriefShare? GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. Find a group near you. Thousands of groups meeting weekly at locations around the world. Go to their website to find a local group.