

Grief Support

The organizations listed below operate independently of Cedars-Sinai.
Cedars-Sinai does not recommend or endorse any particular bereavement service or therapist.

*Each of the organizations listed here have temporarily ceased in-person services due to the pandemic, and are providing **ONLINE OR TELEPHONIC SUPPORT ONLY**. Please reach out to the organization directly to verify services and to pre-register for groups.*

Our House Grief Support Center *Los Angeles*

Language(s): English & Spanish

Groups separated by age and/or loss type (children & adults)

Facilitators: Volunteers w/ grief training

Fees: "suggested" Orientation \$65, then \$1-\$35 per group session (based on ability to pay)

<https://www.ourhouse-grief.org/>

310-473-1511

The Gathering Place *Torrance*

Language(s): English & Spanish

6-9-week groups separated by age and/or loss type (children & adults)

Facilitators: licensed therapists, interns & trained volunteers

Fees: none

<https://www.providence.org/locations/gathering-place#tabcontent-1-pane-2>

310-543-3437

Hope Connection *Los Angeles*

Language(s): English

2-year spousal loss program, 8-week spousal and parent loss groups (adults only)

Facilitators: Licensed therapists

Fees: Orientation \$50, then \$30 per group session (lower rates available for financial hardship)

<https://hopegroups.org/>

818-788-4673

Grief Haven *Los Angeles*

Language(s): English

Groups separated by loss type (adults only)

Facilitators: Licensed therapists, certified grief counselors & chaplains

Fees: "suggested" \$40 per group session (low/no cost available for financial hardship)

<https://griefhaven.org/>

310-459-1789

Compassionate Friends *La Cañada*

Language(s): English

Groups for those grieving a child (any adult loved one can attend); Separate group for pregnancy & infant loss

Facilitators: Volunteers

Fees: none

To join, email tcfverdugohills@gmail.com or call 818-236-3635

Adventist Health 'Beyond Loss' Bereavement Ministry *Glendale*

Language(s): English

Adult bereavement group, Survivors of Suicide group, Ambiguous Loss group

Facilitators: Grief-trained MFT or other professional

Fees: \$50 annual fee (can be waived for financial hardship)

To register, call 818-409-8008 or email Sarkiaa@ah.org

<https://www.adventisthealth.org/glendale/patient-resources/beyond-loss-bereavement-ministry/>

Cancer Support Community *Los Angeles*

Language(s): English

Drop-in bereavement group for people who have lost someone to cancer, Wednesdays 4:00-6:00pm.

Facilitator: Licensed therapist

Fees: none

To register, call 310-314-2555, email info@cancersupportla.org , or submit registration form online <https://www.cancersupportla.org/>

WeSpark Cancer Support Center *Los Angeles*

Language(s): English

Groups for family members who have lost someone to cancer; separate group for spouses/partners

Facilitator(s): Licensed therapists

Fees: none

To register, call 818-906-3022 or submit registrations form online

<https://wespark.org/support-groups/>

Didi Hirsch Mental Health *Los Angeles*

Language(s): English

8-week Suicide Loss bereavement groups (separate groups for Adults and Teens)

Facilitators: Licensed therapists

Fees: none

Pre-registration required (call)

<https://didihirsch.org/services/suicide-prevention/therapy-support/>

(424) 362-2912 for the Adult group; (424) 362-2911 for the Teen group.

COVID19-specific:

Kaiser Permanente Los Angeles Medical Center – COVID-19 Bereavement Support Groups

**Available to all members of the L.A. community, not just Kaiser patients*

Weekly group(s) for anyone grieving the loss of a loved one due to COVID-19

Facilitator(s): Licensed therapists

Language(s): English, Spanish, Armenian

Fees: none

323-204-1351

Additional Online Resources & Reading:

What's Your Grief

Virtual community with grief-focused webinars, workshops, reading material and creative activities

www.whatsyourgrief.com

Grief Pages (Our House)

Downloadable information about grief for all people and situations (English and Spanish)

<https://www.ourhouse-grief.org/grief-pages/>

The Dinner Party

Platform for grieving 20- and 30-somethings to find peer community and build lasting relationships.

<https://www.thedinnerparty.org/>

Recommended Reading (Our House)

Book recommendations for adult & child griever

<https://www.ourhouse-grief.org/recommended-reading/>