

**Updated 9/21/11**

**GRIEF COUNSELING -- FREE**

**Kaiser Permanente (Valleys Service Area)**

Reseda, North Hollywood, Panorama City, Woodland Hills, Lancaster  
818-375-3528

1-800-272-3500, ext. 3528

REFLECTIONS- free bereavement support groups, open to the community on various days and times of the week. Provided by Valleys Continuing Care Department, Kaiser Permanente. Bereaved may attend any time after the death of a loved one - call for specific times and locations.

**Cancer Support Community**

Locations in Santa Monica, Pasadena, Burbank, San Fernando, Redondo Beach, Long Beach, Westlake Village, Camarillo.

A free program of support, education and hope for people with cancer and their loved ones. Some locations, such as Santa Monica, Foothills and Westlake, offer bereavement support services for family members and friends of Cancer Support Community participants. To look up specific Cancer Support Community addresses and telephone numbers, link to:

<http://www.cancersupportcommunity.org/fm/About/default.aspx> or call 310-314-2555.

Support group offered every Tuesday 7:00pm to 9:00pm  
1990 S. Bundy Drive Los Angeles, CA 90025

**Providence St. Joseph Hospital**

501 S. Buena Vista St.  
Burbank, CA 91505

Contact: Devora McDonald Epstein 818-847-4695

Group co-facilitated by social worker and chaplain, Sally Kinarthy

Non-specific, adults only but no further age limitations

Active group, follows set curriculum

Group closed after 3<sup>rd</sup> week.

Call for details

Parking validated, beverages provided

**Hospice of Pasadena**

Meets at Huntington Memorial Hospital

100 W. California Blvd.

Pasadena, CA 91105

626-397-3600

Monthly adult bereavement support groups, free of charge to all community members, facilitated by licensed clinical social workers. Groups have set curriculum (not ongoing)

Also offered: Individual counseling, specialized groups addressing coping with loss through the holidays, caregiver information and support, I Count Too (children's loss group)

Presbyterian Inter-community Hospital  
Living With Loss Adult Bereavement Support Group  
Meets for 6 weeks on Wednesdays from 10:00am till 11:30am  
Opens to the general public  
562-698-0811 ext 12100

**TrinityCare Hospice**

10200 Sepulveda Blvd., Suite 115  
Mission Hills, CA  
Contact: Carolyn Martin, Bereavement Coordinator  
818-779-0120  
General Bereavement Group – Open to the public (Free/Ongoing). Meets 1<sup>st</sup> and 3<sup>rd</sup> Saturdays between 10:00am and 11:30am.

**Northridge Hospital**

18300 Roscoe Blvd  
Northridge, CA 91328  
818-885-5351  
General Bereavement Group – Closed group 12 or 13 attendee. Open to the public. Meets Wednesday from 2:30pm till 4:00pm in the Garden Conference Room on the first floor.

**Kaiser Permanente**

Santa Clarita  
818-375-3528

**Holy Cross**

Mission Hills  
818-365-8051

**Grace Baptist Church**

Offers bereavement support for various groups including children  
Santa Clarita  
661-296-8737 – Lilium Jones ext 153

## **GRIEF COUNSELING – FEE or SLIDING FEE SCALE**

### **Glendale Adventist Medical Center**

818-409-8008

Bereavement groups includes: Adult Grief Support, Adult Loss of a Parent, Widow/Widowers Support Group, and Surviving Suicide of Family/Friend. (Surviving Suicide of Family/Friend is not a drop-in-group).

One-time fee of \$25.00

Drop-in groups – ongoing—no cycles

### **Our House (sliding scale)**

1663 Sawtelle Blvd., Ste 300

Los Angeles, CA 90025

tel. 310-473-1511 fax 310-473-1515

21860 Burbank Blvd., Ste 195

Woodland Hills, CA 91367

Tel. 818-222-3344 fax 818-222-3392

[www.ourhouse-grief.org](http://www.ourhouse-grief.org)

Providing grief support services, education, resources and hope. All groups are fee based with a sliding scale. Groups co-led by highly trained volunteers. The adult program offers groups for young widows/widowers, mid-life loss, later-life loss, parents grieving the loss of a young or adult child, adults grieving the loss of a parent. The children's program offers support groups for death of a parent or sibling that are age appropriate and loss appropriate, and use various methods of grief expression, including art, music, play and poetry; school-based grief support groups are also available.

### **H.O.P.E Unit Foundation**

Encino

Sponsored by Hillside Memorial Park and Mortuary

Contact: Dr. Marilyn Stoltzman 818-591-2706

[www.hopeunit.org](http://www.hopeunit.org)

Ongoing support groups for first two years of bereavement

Meetings held at Valley Beth Shalom

Non-denominational groups led by licensed therapist

Widow/widower groups, family loss group (no orientation fee for this at this time 5/17/04)

\$50.00 one-time orientation fee, \$30.00 suggested donation for each session