



TORRANCE MEMORIAL
A CEDARS-SINAI AFFILIATE

Torrance Memorial
Hospice

Bereavement Support Group

General loss drop-in groups



New members are welcome to join at any time and there is no registration or commitment required. Groups afford people the opportunity to meet in a safe environment with other people experiencing grief and loss. Become a member of a compassionate community. Tell your story and be HEARD – no judgement.



Newly Bereaved Support Group Tuesdays, 6 – 7:30 pm

This group is for adults who have lost a loved one within the past 12 months. This group provides education on the grief experience following the first few weeks and months after a death. We cover common grief reactions, coping strategies, and self-care throughout the grief process.

General Grief Support Groups

Mondays, 6 – 7:30 pm

Tuesdays, 3 – 4:30 pm

Thursdays, 3 – 4:30 pm

These groups are for adults who have lost a loved one. These groups provide information about coping skills to help you deal with the stress of mourning and provides information about community resources for support.



Location

Hoffman Health Conference Center
Room 4
3315 Medical Center Drive
Torrance, CA 90505



For more information, please contact the Hospice Department at 310-784-3751 or bereavement coordinator, Oliva Licea, at 310-517-7070 ext. 20527.

