

Hear from past participants

Some of our previous group participants have shared their thoughts:

For me, the most helpful thing about this group is being able to talk with others in my age group going through the same life situations.

Listening to everyone, and seeing that they have the same thoughts and feelings as I do, is very helpful.

It's nice to feel justified in how I'm feeling and nice to talk with folks who understand.

Register for free today

The UC Davis Hospice Program is pleased to offer these support groups free of cost, but registration is required.

To register or for more information, please call 916-731-6867.



UCDAVIS
HEALTH

Bereavement
Support Groups



UCDAVIS
HEALTH

Bereavement
Support Groups

Hospice Program

3630 Business Dr.
Sacramento, CA 95820
Registration: 916-731-6867

health.ucdavis.edu/homecare/hospice

**Resources for families
and loved ones**



Support groups

For adults

Our general adult bereavement support group is available to any adult experiencing grief associated with the recent death of a loved one.

This structured, six-week group covers topic such as:

- Understanding grief
- Expressing feelings
- Role changes
- Understanding and coping with stress
- Developing supportive relationships

This group is offered four times throughout the year, with sessions available during day and evening hours.

For teens and young adults

The Young Adult Bereavement Art Group is open to young adults between age 17 and 24 and who are grieving the loss of someone close.

This eight week group includes discussion and art projects designed to provide multiple avenues to describe, express and process grief and loss. The young adult group is offered twice a year, starting in February and September. Sessions are held in the evenings.

For parents

Experiencing the loss of a child is especially painful. Through our group designed exclusively for parents, we offer support for those who have lost a child under the age of 21 from any cause.

This eight week support group offers a safe place for parents to express their feelings, receive support from counselors and to connect with other grieving parents who can offer both friendship and understanding. The group is held once a year in the winter during the evening.

Additional support

Additional bereavement and support groups are available throughout our community. Our bereavement coordinators and team members are available to help you with referrals and resource information.

Understanding loss and bereavement

Grief is a natural – and normal – response to the loss of someone or something you love. How you experience grief is unique to you and it may seem like the sadness you feel is something nobody else can understand.

Be assured you are not alone. There are people in your community – family, friends, neighbors and strangers alike – who have experienced their own grief and who, like you, do not need to work through it alone.

Our team at the UC Davis Hospice Program understands how vital support can be following the loss of a loved one. To help, we offer bereavement support for anyone grieving the loss of a loved one regardless of whether the loved one received hospice care or not.

