

GRIEF AND LOSS SUPPORT

The loss of a loved one can change your world. It can affect how you feel, how you act, and what you think. People can grieve in very different ways, and you should allow yourself to grieve in your own way and time.

Grief is not a problem to be solved, it is a process to be lived. Adult natural grief reactions can include disbelief, forgetfulness, changes in sleep and appetite, feelings of restlessness or lethargy, depression, loneliness, anger, guilt, and relief.

Many people find they benefit from being with others who care and can listen to their feelings and provide support. Here are some local resources that may be helpful.

While we cannot endorse these resources, they may help you explore new and accessible offerings available for little to no cost.

Contact **USC VHH Community Resource Center for Aging** at **818-949-4033** or **aging-resources@med.usc.edu**. To learn more, visit: uscvhh.org/aging-resources



SUPPORT GROUPS

Free to low-cost community support groups – call for dates and times.

Glendale & Foothill Communities

All Saints Church

Facilitated sharing group open to anyone who has experienced a loss.

(626) 796-1172 | allsaints-pas.org

La Canada Presbyterian Church Grief Support

Open to anyone who has experienced the loss of a loved one.

(626) 840-7339 | lacanadapc.org

St. Bede the Venerable Church - Good Grief

Assist those who have lost a loved one through death.

(818) 949-4300 | bede.org

Our House Grief Support Center

Support to those navigating the difficult journey after the death of someone close. Spanish available

(310) 473-1511 | ourhouse-grief.org

USC VHH Community Resource Center for Aging Grief & Loss: Beyond Blue

(818) 949-4033 | uscvhh.org/aging-resources

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Additional resources for in-person & virtual groups

Compassionate Friends

Self-help groups supporting families who have experienced the death of a child, grandchild, or sibling. Spanish groups available.

(323) 347-9469 | compassionatefriends.org
Verdugo Hills Chapter (818) 236-3635

Cancer Support Community San Gabriel Valley
Support groups for anyone impacted by cancer – including patients, family, caregivers, survivors, and those who are bereaved.

(626) 796-1083 | cancersupportsgv.org

Grief Share

Offers 13-week grief support groups to navigate loss.

(800) 395-5755 | griefshare.org

Institute on Aging's Friendship Line

Free weekly drop-in virtual grief support groups.
(415) 750-4111

My Grief Angels

Online resources for grieving individuals.
[Mygriefangels.org](https://mygriefangels.org)

On Bright Wings | End of Life Services

Death doulas provide guidance through the natural processes of aging, dying, and bereavement.
(818) 667-1641 | onbrightwings.com

Soaring Spirits International

Connects widowed people with each other.
(877) 671-4071 | soaringspirits.org

VITAS Healthcare

Offers grief support groups and resources.
(800) 582-9533 | vitas.com/family-and-caregiver-support

INDIVIDUAL COUNSELING

Medicare Part B covers Mental Health Care.

Services include individual and group therapy, family counseling, psychotherapy for crisis, diagnostic tests, inpatient hospitalization, intensive outpatient services, substance use disorder treatment, and medication-assisted treatments. Contact your insurance plan for in-plan referrals.

Community Mental Health Clinics provide free to low-cost counseling services. Many accept Medicare, Medi-Cal, and other insurance plans.

For more mental health resources, refer to the [USC Community Resource Center for Aging's Mental Health Resource Sheet](#).

SEMINARS ON GRIEF

Forest Lawn Grief Resources

Monthly seminars share helpful coping skills and insight about grief. forestlawn.com/about-us/grief-resources

(888) 204-3131 ext. 4662

HOTLINES

Suicide and Crisis Lifeline - call or text 988

Friendship Hotline - (888) 670-1360

LA County Dept of Mental Health 24-Hour Help Line - (800) 854-7771

NOTE: This does not constitute a recommendation or endorsement of these agencies but can be utilized as a convenience in locating services to meet specific needs that an individual or family member may have.