

When your loved one has just died



GRIEF RECOVERY SUPPORT GROUPS IN VALLEYS SERVICE AREA

Open to community. Free of charge. Meet Weekly. Adults Only. No preregistration. Led by Trained Volunteer Bereavement Facilitators. More information/ meeting confirmation, Call (818) 375-3528 or (818) 832-7295

East San Fernando Valley Area

***TUESDAY Morning* RESEDA**

**Sherman Terrace Bldg/18040 Sherman Way Support Groups meeting in Rooms E and A
10:00 -11:30 AM**

***WEDNESDAY Evening* PANORAMA City**

**Kaiser Bldg 6/2nd Flr/Rm Y
6:30 - 8:00 PM**

North San Fernando Valley Area

***MONDAY Evening* SIMI VALLEY: 3900 Alamo Drive
Kaiser Medical Clinic, Administration Conference Room
5:00 - 6:30 PM**

***TUESDAY Evening* SANTA CLARITA: 27201 Tourney Rd. Exec Plaza Bldg
Kaiser Health Ed/2nd flr, Room G
5:00 - 6:30 PM**

West San Fernando Valley Area

***THURSDAY Evening* WOODLAND HILLS
21263 Erwin St Clinic LOBBY of Behavioral Health side entrance to building
6:30 - 8:00 PM**

Antelope Valley Area

***THURSDAY Evening* PALMDALE
Palmdale Regional Medical Center 38600 Medical Center Drive, (corner of Palmdale Blvd & Tierra Subida Ave)
Cactus Room, Main entrance left of information desk.
6:15 - 7:45 PM**

***FRIDAY Morning* LANCASTER**

**Kaiser Permanente Clinic 43112 15th St W/South Bldg/ Rm B
10:00 -11:30 AM**

Encourage those present or those who come, to say goodbyes, share gratitude, bestow a blessing. Tears are healing.