

Community Grief Support Groups

Compassionate Friends

Grief Support for the loss of a child. Siblings over the age of 16 and grandparents also welcome.

www.compassionatefriends.org

Mariposa Women and Family Center

812 W. Town and Country Road
Orange, CA 92868

Various Grief Groups for All Ages.

Contact: (714) 547-6494 www.mariposacenter.org

Children's Hospital of Orange County (CHOC)

Bereavement support groups for families who have lost a child Online (virtual) groups for adults

1st Wednesday evening of each month.

Grupos de apoyo para el duelo

para familias que han perdido un hijo

Grupos en línea (virtual) disponible para adultos que hablan Ingles o Español. Primer miercoles de cada mes por la tarde.

Contact: griefsupport@choc.org or 714-509-8521

Lakeview Senior Center

20 Lake Rd Irvine, CA 92614

Meets every 1st Wednesday of the month

7:00 - 8:45PM Contact: (714)504-7042

Hoag Family Cancer Center

1 Hoag Dr., Newport Beach, CA 92663

Facing Forward Thurs 3:00 - 4:30 pm

For more Information call: (949) 764-8358

Mission Hospital Laguna Beach

31872 Coast Hwy

Laguna Beach, CA 92651

Living Life Again Support Group

11-week Course / 3 times per year

Contact: (949)499-7133

Empty Arms Support Group- Saddleback Church
For families who have lost a baby by miscarriage, stillbirth, or infant death.

1 Saddleback Pkwy

Grief Group on Sundays

Contact: (949)609-8370

emptyarms@saddleback.com

St. Jude Community Services

Healing Hearts After Loss

130 Bastanchury Road

Fullerton, CA 92835

Online and in-person options

Contact: (877)459-3627

VITAS Healthcare Grief Support Groups

Open to all Orange County residents. Groups take place in the cities of Anaheim, Fullerton, Laguna Woods, Mission Viejo, Cypress, Aliso Viejo & Irvine. Registration and more detailed information including dates and locations can be found at their website: www.vitas.com

Didi Hirsch

Suicide Survivor Support Group

Contact: 714-989-8311

<https://crisiscare.org/support-groups/>

With Hope Foundation

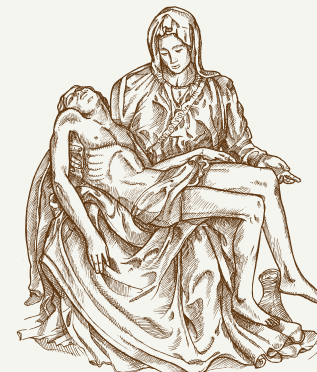
Suicide Bereavement Support Groups

In Person & Online

<https://www.withhopefoundation.org/suicide-bereavement-support>



Bereavement & Grief Support in the Diocese of Orange



PARISH GRIEF SUPPORT GROUPS

(by city)

Anaheim Hills

San Antonio de Padua Catholic Church
Grief Share & Seasons of Hope
1st & 3rd Saturday of each month
9:30 am-11:00 am in Conference Rm #1
Contact: (714)974-1416

Costa Mesa

St. Joachim Catholic Church
Grief Share | (13-week session)
Contact: (949)574-7400 or griefshare.org

Cypress

St. Irenaeus Catholic Church
Grief Share | (13-week sessions)
Contact: Jennifer Dagarag
jdagarag@sticypress.org or griefshare.org

Additional Resources available on:
rcbo.org/bereavement-grief



Garden Grove (SPANISH)

Christ Cathedral Parish
Grief Workshops & Worship Services
Occur 3 times a year
Contact: Janielle Alvarado
ministeriodeduelo@yahoo.com

Huntington Beach

St. Bonaventure Catholic Church
Thursdays 7-8:30 pm in Parish Conf. Room
Contact: Dcn John Davies (562)355-1550 or
Wendy Figueroa (714)580-2677

Sts. Simon & Jude Catholic Church
Every other Thursday starting October 2024
Contact: (714)962-4451

St. Vincent de Paul Catholic Church
Healing from Loss (9 week session)
Contact: Nancy (714)724-1732 or
Faye (714)376-2033

Irvine

St. John Neumann Catholic Church
Tuesdays 9:30am-11:00am
Contact: Jane Roschmann at (714) 667-2341

St. Thomas More Catholic Church
Grief Share | (13-week sessions)
Tuesdays 10-11:30 am
Contact: KC Riley (714)875-8126 kc@rileyweb.net
or griefshare.org

Laguna Niguel

St. Timothy Catholic Church
Grief Share | Mon 3:45 - 6 pm & Thurs 5:45-8pm
Contact: Patty Mouton patty.mouton@alzoc.org or
griefshare.org

Lake Forest

Santiago de Compostela Catholic Church
Grief Share | Thursdays 5:30-7:30pm
Contact: Kanoe Martin (949)309-1625 or
griefshare.org

Mission Viejo

St. Kilian Catholic Church
Bethany Bereavement Group
Thursdays 1:30-3:00pm
Contact: (949)586-4440

Newport Beach

Our Lady Queen of Angels
Seasons of Hope | (6 Week Sessions)
Contact Parish Office: (949) 644-0200
www.olqa.org/SeasonsOfHope

Orange

St. Norbert Catholic Church
Grief Share | (13-week sessions)
starting January 17, 2025
Fridays 10:3-am-12pm
Contact: (714) 637-4360 or griefshare.org

Placentia

St. Joseph Catholic Church
Passages Grief Support Group | Thursdays 7- 9pm
Sandi Charlesworth (714)293-1694

Rancho Santa Margarita

San Francisco Solano Catholic Church
Mondays 6:30pm (fall & spring)
www.solanocatholic.org/grief
Denise Fredenberg denisefredenberg@gmail.com

San Juan Capistrano

Mission Basilica San Juan Capistrano
Hope: A Ministry for Widows | Wednesdays
Rooms B & C in Parish Pastoral Center
Contact: Robin Griffin (949) 234-1360

Santa Ana (SPANISH)

Immaculate Heart of Mary Catholic Church
Ministerio de Consolación para Familiares en Duelo
3er Jueves de cada Mes 7- 8:30 PM
Oficina Parroquial 2do piso
Contacto: Nelly Terrones: 714-478-5797

Yorba Linda

St. Martin de Porres Catholic Church
1st & 3rd Sat of the month
10-11am in the St. Elizabeth Room
Contact: Peggy Squires at (714)270-2312

Santa Clara de Asis
EMBRACE Grief & Loss Support Group
2nd & 4th Thursdays of the month 9-10am
Parish Conference Room
Contact:(714) 970-7885

[Catholic Grief Support for Loss of a Child](#)

The Emmaus Ministry for Grieving Parents
Spiritual retreats for grieving parents whose children of any age have died by any cause, no matter how long ago. Contact: (800)919-9332 or emfgp.org

Red Bird Ministries

Resources and peer support to guide individuals and couples through loss of a child from pregnancy to adulthood redbird.love