



Grief Support Services

The Center for Grief and Loss at Hospice of the Valley offers individual counseling and a variety of support groups for adults and children, facilitated by licensed and professionally trained therapists. These services are offered to all members of the community and there is no fee to participate. Support groups allow participants to talk about a loss or simply listen, as others share their experiences in a safe place, usually within the first year of their grief journey.

Known as one of the most extensive grief counseling programs in Northern California, the Center offers a wide range of grief support, including services for those experiencing complicated grief and sudden and traumatic deaths. Throughout the year, we offer expressive arts and writing workshops for adults and children.

Current Groups:

- Partner Loss
- Senior Partner Loss
- Parent Loss
- Step by Step: 2nd year Partner Loss
- Survivors of Suicide Loss
- The Villages Resident Drop-in Group

Where: Hospice of the Valley
4850 Union Avenue
San Jose, CA 95124



Registration and Information:

For more information or to schedule an appointment, please contact the Bereavement Department at **1.408.559.5614**. A pre-screening interview is required for all support groups. Space is limited. Donations are appreciated.