

## 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](http://www.compassionatefriends.org)

### **Mariposa Women and Family Center**

1845 W. Orangewood Ave

Orange, CA 92868

Various Grief Groups for All Ages.

Contact: (714) 547-6494 [www.mariposacenter.org](http://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](mailto:griefsupport@choc.org) or 714-509-8521

### **Lakeview Senior Center**

20 Lake Rd Irvine, CA 92604

Meets every 1st Wednesday of the month

7:00 - 8:45PM Contact: (949)724-6900

### **Hoag Family Cancer Center**

1 Hoag Dr., Newport Beach, CA 92663

Facing Forward Thurs 3:00 - 4:30 pm

For more Information call: (949) 722-6237

### **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)499-1311

### **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](mailto:emptyarms@saddleback.com)

### **St. Jude Community Services**

***Healing Hearts After Loss***

130 Bastanchury Road

Fullerton, CA 92835

Online and in-person options

Contact: (714)446-7035

### **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](http://www.vitas.com)

### **Didi Hirsch**

Suicide Survivor Support Group

Contact: (714)547-0885

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

### **With Hope Foundation**

Suicide Bereavement Support Groups

*In Person & Online*

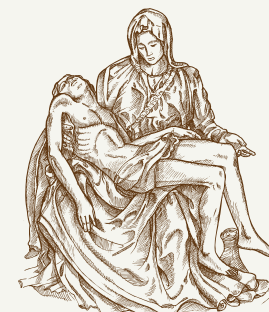
<https://www.withhopefoundation.org/suicide-bereavement-support>



[familylife@rcbo.org](mailto:familylife@rcbo.org)

Fall 2025

## *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

#### Brea

St. Angela Merici Catholic Church

Grief Share | (13-week session)

Contact: (714)529-1821 *\*leave your name/number*

#### Costa Mesa

St. Joachim Catholic Church

Grief Share | (13-week session)

Contact: (949)574-7400 or [griefshare.org](http://griefshare.org)

#### Cypress

St. Irenaeus Catholic Church

Grief Share | (13-week sessions)

Contact: Jennifer Dagarag [jdagarag@stcypress.org](mailto:jdagarag@stcypress.org)

or [griefshare.org](http://griefshare.org)

Additional Resources available on:

[rcbo.org/bereavement-grief](http://rcbo.org/bereavement-grief)



### **Garden Grove**

Christ Cathedral Parish (SPANISH)  
Grief Workshops & Worship Services  
*Occur 3 times a year*  
Contact: Yanira 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)  
begins on August 26  
1:00-2:30pm in Room C  
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](http://griefshare.org)

Santiago de Compostela (SPANISH)

*\*starts Sept. 18, Thursdays 7-9pm*

Contact: graciela7@cox.net  
(949)683-6848

### **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](http://www.olqa.org/SeasonsOfHope)

### **Orange**

St. Norbert Catholic Church  
Grief Share | (13-week sessions)  
*starting January 17, 2025*  
Fridays 10:30am-12pm  
Contact: (714) 637-4360 or [griefshare.org](http://griefshare.org)

La Purisima Catholic Church  
Bereavement Support Group non denominational  
(12 week sessions)  
Starting Nov.11, 2025 - Feb.24 2026  
Tuesdays 7:00 - 8:30pm  
Contact (714) 633- 5800

### **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](http://www.solanocatholic.org/grief)  
[Denise.Fredenberg@gmail.com](mailto:Denise.Fredenberg@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**

Immaculate Heart of Mary Catholic Church  
(SPANISH)  
Ministerio de Consolación para Familiares en Duelo  
2.º 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](http://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](http://redbird.love)

### **Annual Infant Loss Memorial**

Holy Sepulcher Cemetery in March and  
September hosted by St. Joseph Hospital  
& St. Jude Medical Center  
contact (714) 771-8137