

Local Grief Support Groups

Updated August 2025

Organization: St. Francis Episcopal Church

Address: 2200 Via Rosa, Palos Verdes Estates, CA 90274

Contact: Kristina Pela krab3@yahoo.com

Website: <https://www.stfrancispalosverdes.org/small-discussion-groups/>

Description: Good Grief Loss Support Group for individuals experiencing loss of any kind. The group meets on alternating Wednesday mornings (11:00 am to noon) and evenings (5:00 pm to 6:00 pm) in the St. Francis Library

Organization: Providence TrinityCare - Bereavement Care

Address: 5315 Torrance Blvd Suite B-1 Torrance CA 90503

Contact: [310-543-3440](tel:310-543-3440)

Website: <https://foundation.providence.org/ca/trinitycare/our-priorities/bereavement-services>

Website: <https://www.providence.org/locations/socal/hospice-la-county-and-socal-palliative-care/grief-support-services>

Description: At Providence TrinityCare our bereavement team is available to encourage healing, health, strength, and confidence for anyone who has experienced the death of a loved one within the last two years.

Organization: Torrance Memorial Home Health and Hospice

Address: Hoffman Health Conference Center, 3330 Lomita Blvd. Torrance, CA 90505

Contact: [310-703-3352](tel:310-703-3352)

Website: https://www.torrancememorial.org/Medical_Services/Hospice/Bereavement_Support.aspx

Description: Groups afford people the opportunity to meet in a safe environment with other people experiencing grief and loss. Become a member of a compassionate community. Tell your story and be heard.

Organization: Survivors after Suicide, Didi Hirsch Community Mental Health Center

Contact: [424-362-2901](tel:424-362-2901) or pspeelman@didihirsch.org

Website: <https://didihirsch.org/services/suicide-prevention/therapy-support/>

Description: Addresses the special needs of people struggling with complex grief, which often accompanies a loved one's suicide. The groups provide activities and sharing opportunities to help survivors cope with their loss in a positive and productive way.

Organization: Bread of Life Church – “Grief Share”

Address: 2780 Lomita Blvd Torrance CA 90505

Contact: [310-325-7777](tel:310-325-7777) Ext 225 or griefshare@breadoflifechurch.org

Website: <https://www.breadoflifechurch.org/english/get-involved/caring-ministries/griefshare/>

Description: Support group for people who are grieving the loss of a loved one.

Organization: Compassionate Friends of South Bay / L.A. (Meetings are held at the Neighborhood Church)

Address: 415 Paseo Del Mar Palos Verdes Estates, CA 90274

Contact: [310-963-4646](tel:310-963-4646)

Website: <https://tcfsbla.org/> (Local Chapter)

Description: Provides grief support to families who have experienced the death of a child.