

Community Grief Support

Compassionate Friends

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

Rady Children's Health (formerly CHOC)

*Quarterly Grief Support Workshops
for Parents, Caregivers, and Families* (English & Spanish)
Offered in-person at CHOC, 4 evening events per year.
Parents, caregivers, families, and children are welcome.
Contact: griefsupport@choc.org

Quarterly Sibling Grief Support Group (English & Spanish)
Contact: lschwarz@choc.org

*Talleres trimestrales de apoyo para el duelo
para Padres, Cuidadores y miembros de la familia*
Se ofrece en persona en CHOC, 4 eventos al año por la
tarde. Los padres, cuidadores, miembros de la familia y
niños son bienvenidos. Los hablantes de inglés y español
son bienvenidos. Envíe un correo electrónico a
griefsupport@choc.org para obtener más información y
confirmar su asistencia.

Hoag Hospital

1 Hoag Drive Newport Beach, CA 92658

Grief Recovery Series | (8 weeks)
Contact: 949-722-6237

Women's and Men's Grief Support Groups
Contact: 949-736-6101

Oncology Bereavement Group
Irvine Campus 2nd Wednesday of every month, 4-5:30pm
16200 Sand Canyon Avenue, Irvine, CA 92618
or

Newport Campus 2nd Friday of every month, 4-5:30pm
1 Hoag Drive Newport Beach, CA 92658
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

Lemons to Lemonade Grief Camp for Kids

lemonstolemonadefoundation.com
lemonstolemonade24@gmail.com
949-615-0516

Saddleback Church

Empty Arms Support Group
For families who have lost a baby by
miscarriage, stillbirth, or infant death.
Grief Group on Sundays
Contact: Karen (949)609-8370
emptyarms@saddleback.com

St. Jude Community Services

130 Bastanchury Road Fullerton, CA 92835
Healing Hearts After Loss
Thursdays 1:30-3pm
Also available online, via [Zoom](https://zoom.us)
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)547-0885
crisiscare.org/support-groups

With Hope Foundation

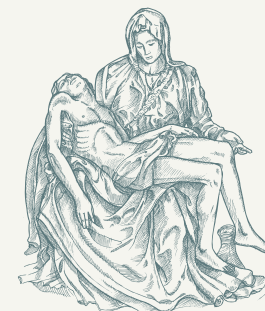
Suicide Bereavement Support Groups
In Person & Online
www.withhopefoundation.org

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



Fall 2026

Bereavement & Grief Support in the Diocese of Orange



*"Blessed are those who mourn,
for they will be comforted..."*

-Matthew 5:4

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) &
Holiday Class in Fall
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

Cypress

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



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)
Biweekly starting September 1st
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 | Tuesdays 5:45pm
Contact: Patty Mouton patty.mouton@alzoc.org or
griefshare.org

Lake Forest

Santiago de Compostela Catholic Church
Loss of Marriage | Perdida En El Matrimonio
Loss of marriage through death, divorce, or separation
Contact: Kathleen Calderon (949) 923-1215

Enfrentando el Duelo
Acompañar y ayudar a las personas que están sufriendo la
pérdida de un ser querido a enfrentar su duelo. Contact:
Graciela Valdivieso (949) 683-6848 graciela7@cox.net or
Mary Hidalgo (949) 205-0821

Mission Viejo

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

Newport Beach

Our Lady of Mount Carmel
GriefShare & Surviving the Holidays Session
olmc.net/ministries/grief-share/

Orange

St. Norbert Catholic Church
Grief Share | (13-week sessions)
August 21st-November 20th
Fridays 10:30am-12pm
Contact: (714) 637-4360 or griefshare.org

La Purisima Catholic Church
Grief Support Groups
Wednesdays
Sept 30th - December 9th 10am-12pm (English)
Sept 30th - December 9th 6:30pm -8pm (Spanish/Español)
Contact: Sr. Eileen Cannon & Team (949) 431- 0878
emcannon89@gmail.com

Placentia

St. Joseph Catholic Church
Passages Grief Support Group | Thursdays 7- 9pm
Contact: Kathy Thompson 657-321-8873

Garden Grove

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

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

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
Twice a month | Thursday Evenings 6pm
Contact: (714) 970-7885 alessandra@scdayl.org

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 emfpg.org

Red Bird Ministries

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

Annual Infant Loss Memorial

Holy Sepulcher Cemetery | every September
hosted by St. Joseph Hospital & St. Jude Medical Center
Contact (714) 771-8137

Lily of the Valley Catholic Ministry

Serving families experiencing infertility, prenatal diagnosis,
postnatal medical challenges, pregnancy or infant loss.
www.LOTVministry.org
info@LOTVministry.org