

# GRIEF SUPPORT GROUPS

Hospice of the Valley offers grief support groups, open to adults who have experienced a loss through death. Groups are free of charge, no registration is needed. If the meeting date falls on a major holiday, please call to verify if the group will be held, (602) 530-6970, or check [hov.org](http://hov.org) for maps and updates.

## PHOENIX

**Hospice of the Valley**  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
1st and 3rd Thursday, 6:30–8 p.m.  
**Board Room**

**For the Newly Bereaved**  
Hospice of the Valley  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
2nd and 4th Tuesday, 4:30–6 p.m.  
**Board Room**  
*Beginning 01/09/18*

**Luz del Corazón for Spanish Speakers**  
Hospice of the Valley  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
**Board Room**  
*Call to register: (602) 410-5252*

**The Stratford Assisted Living**  
1739 W. Myrtle Ave., Phoenix 85021  
*Closed as of 01/09/18*  
*Watch for future specialty groups*

**Anthem Civic Building**  
3701 W. Anthem Way, Anthem 85086  
1st and 3rd Tuesday, 6:30–8 p.m.

**La Siena Retirement Community**  
909 E. Northern Ave., Phoenix 85020  
1st and 3rd Thursday, 2:30–4 p.m.

**Healing Rainbows**  
(Lesbian, gay, bisexual, transgender)  
Hospice of the Valley  
1510 E. Flower St., Bldg. 1, Phoenix 85014  
2nd and 4th Tuesday, 6:30–8 p.m.  
**Board Room**

## EAST VALLEY

**St. Matthews UMC**  
2540 W. Baseline Rd., Mesa 85202  
1st and 3rd Tuesday, 6–7:30 p.m.  
**Room D-23**

**Hospice of the Valley**  
2020 E. Woodside Ct., Gilbert 85297  
2nd and 4th Monday, 6:15–7:45 p.m.  
**Lost Dutchman Room**

## EAST VALLEY, continued

**Pecos Community Center**  
17010 S. 48th St., Phoenix 85048  
Every other Wednesday, 6–7:30 p.m.  
*See [hov.org](http://hov.org) for dates, or call (602) 530-6970*

**Sun Lakes UMC**  
9248 E. Riggs Rd., Sun Lakes 85248  
1st and 3rd Thursday, 1–2:30 p.m.  
**Multipurpose Education building;**  
**park on North side**

**San Tan Mtn. View Funeral Home**  
21809 S. Ellsworth Rd.  
Queen Creek 85142  
2nd and 4th Monday  
2nd Monday, 5:30–6:30 p.m.  
4th Monday, 10–11 a.m.

**Leisure World**  
908 S. Power Rd., Mesa 85206  
2nd and 4th Tuesday, 1–2:30 p.m.  
**The Anniversary Room**  
*Beginning 01/09/18*

## WEST VALLEY

**Benevilla**  
13576 W. Camino Del Sol #22  
Sun City West 85375  
2nd and 4th Thursday, 3–4:30 p.m.

**Hospice of the Valley**  
9435 W. Peoria Ave., Peoria 85345  
2nd and 4th Wednesday, 2–3:30 p.m.  
**Navajo Room**

**Hospice of the Valley**  
9435 W. Peoria Ave., Peoria 85345  
1st and 3rd Thursday, 6–7:30 p.m.  
**Copper Room**

**Christ Evangelical Lutheran Church**  
918 S. Litchfield Rd., Goodyear 85338  
Every other Wednesday, 6–7:30 p.m.  
*Park in back lot. See [hov.org](http://hov.org) for dates, or call (602) 530-6970*

## WEST VALLEY, continued

**Adult Spanish Speakers**  
Hospice of the Valley  
9435 W. Peoria Ave., Peoria 85345  
1st and 3rd Tuesday, 6–7:30 p.m.  
**Beginning 01/16/18**

## NORTHEAST VALLEY

**Fountain Hills Community Center**  
13001 N. La Montana Dr.  
Fountain Hills 85268  
2nd and 4th Monday, 1–2:30 p.m.  
**Activity Center**

**Granite Reef Senior Center**  
1700 N. Granite Reef Rd., Room 8  
Scottsdale 85257  
2nd and 4th Monday, 1:30–3 p.m.

**Virginia G. Piper Center**  
10460 N. 92nd St., Scottsdale 85258  
2nd and 4th Tuesday, 3–4:30 p.m.  
**Educational Conference Room**

**Paradise Valley Community Center**  
17402 N. 40th St., Phoenix 85032  
1st and 3rd Tuesday, 6:30–8 p.m.

**The Villages at Mayo**  
**Brusally Community Center**  
5811 E. Mayo Blvd., Phoenix 85054  
2nd and 4th Wednesday, 3–4:30 p.m.

## NORTHWEST VALLEY

**Wickenburg Public Library**  
164 E. Apache St., Wickenburg 85390  
4th Thursday, 3–4:30 p.m.

## PET LOSS SUPPORT GROUP

Hospice of the Valley  
Administrative Office, Bldg. 1  
1510 E. Flower St., Phoenix 85014  
1st Saturday, 9–11 a.m.  
**Board Room**



## SPECIAL FOCUS GRIEF SUPPORT GROUPS

### **LGBT Community**

(lesbian, gay, bisexual, transgender)  
Healing Rainbows: Phoenix  
Hospice of the Valley  
Administrative Office, Bldg. 1  
1510 E. Flower St., Phoenix 85014  
2nd & 4th Tuesday, 6:30–8 p.m.  
**Board Room**

### **Pet Loss Support Group**

Hospice of the Valley  
Administrative Office, Bldg. 1  
1510 E. Flower St., Phoenix 85014  
1st Saturday, 9–11 a.m.  
**Board Room**

### **New Song Center for Grieving Children**

New Song Center for Grieving Children, a program of Hospice of the Valley, provides grief support groups for children, youth, young adults and adults at several locations Valleywide at no cost to participants. Families with children ages 5 through young adults up to age 25 may participate regardless of the cause of death or whether they received care from Hospice of the Valley. Enduring Ties is an evening support group for families that have experienced the death of a minor child. Luz del Corazón is a support group program for families whose first language is Spanish.

For more information, call (480) 951-8985 or view [newsongcenter.org](http://newsongcenter.org).

## ABOUT GRIEF SUPPORT GROUPS

Hospice of the Valley offers twice-monthly adult grief support groups in many locations throughout Maricopa County. They are open to anyone who has experienced a loss through death. No registration is required, and there is no fee. The groups are led by professional bereavement counselors and trained specialists. The purpose is to provide a safe and structured environment for people experiencing grief to share with and learn from others.

The group guidelines are:

- Groups begin and end on time.
- Participants preserve the confidentiality of what is shared in the group.
- Participants are invited to share their grief experience, ask questions and discuss grief issues, as they feel comfortable.
- Participants are asked to speak for themselves (use “I” statements) rather than speak for others.
- Participants are invited to offer encouragement and acceptance rather than unsolicited advice.

Grief groups are places to share experiences of loss. People usually find comfort in the support and understanding of the group. Typically over time, one’s focus will move away from active grieving. This may be a time to consider “graduating” from the group and seeking broader social circles. This is a normal and healthy process, and participants are encouraged to share their decision with the group.

Grief groups are not appropriate places for solicitation of products or services, or for seeking partners for dating. This compromises the integrity and purpose of the group. Names and personal contact information written on the group attendance sheet are used for internal purposes only.

Groups that fall on major holidays may not be held. Please check scheduling: (602) 530-6970 or [hov.org](http://hov.org).

The Web site also offers grief information, helpful links and resources.

For more information, call Hospice of the Valley’s Bereavement Program: (602) 530-6970