Tuesdays, from 7:00 pm to 8:15 pm
Online Support Group
Ages 19 to 35

This group provides a safe community for young adults who are grieving the death of a loved one. Meetings provide space to process unique issues faced by the younger generation and teach coping skills to manage grief.

Suggested donation of $25 per week.

Contact SGVGRTC to sign-up or for more information at 626.866.1748 or email jennifernyhan@sangabrielvalleygrief.org

SGVGRTC provides affordable grief resources including individual and family grief therapy, support groups, community education, and outreach about grief and loss.