



San Diego County Grief Resource Directory 2026

This guide was put together by Orchid Cremations and offers grief support and educational resources for San Diego families navigating loss. Please take your time and explore what feels most helpful.

Created by Orchid Cremations

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Specialized Grief Support

Survivors of Suicide Loss – San Diego

Peer grief support groups, memorial events, and resources for those affected by suicide.

<https://www.soslsd.org/>

VA San Marcos Vet Center – Bereavement Counseling for Veterans

Free, confidential support for veterans and their families dealing with loss, trauma, and grief.

<https://www.va.gov/san-marcos-vet-center/>

The Compassionate Friends – San Diego Chapter

Local and national chapters supporting families grieving the death of a child of any age.

<https://www.compassionatefriends.org/>

San Diego TCF – Local Chapter Site

Information and meeting schedules for The Compassionate Friends in San Diego County.

<http://www.sdpcf.org/>

Empty Cradle

Compassionate support groups for parents coping with miscarriage, stillbirth, infant loss, or pregnancy after loss.

<https://www.emptycradle.org/support-meetings>

GRASP – Grief Recovery After a Substance Passing

Peer support meetings for those grieving a loved one lost to overdose or addiction.

<https://grasphelp.org/san-diego-chapter/>

Twinless Twins Support Group International

Community and resources for individuals grieving the loss of a twin.

<https://twinlesstwins.org/resources/>

San Diego Grief Support (Rady Children’s Hospital)

Services for siblings and parents after child loss, including counseling and support groups.

<https://www.rchsd.org/programs-services/spiritual-care/hope-bereavement-support-program/>

UCSD Outpatient Psychiatry – Grief Therapy

Professional mental health care for complex grief and bereavement-related moods.

<https://health.ucsd.edu/care/behavioral-mental-health/>

Faith-Based Support

GriefShare – Nationwide Support Group Directory

Peer-led, faith-based 13-week groups available locally, offering emotional support and strategies to navigate grief.

<https://www.griefshare.org/findagroup>

Catholic-Centered Grief Support – San Diego Diocese

Healing programs grounded in faith for families navigating loss within Catholic tradition.

<https://sdcatholic.org/family-life-and-spirituality/healing-pathways-for-families/loss-of-a-loved-one/>

Jewish Family Service – Bereavement Program

Inclusive and free grief support groups open to the broader Jewish and general community.

<https://www.jfssd.org/>

Hospice & Medical Support

Palomar Health – Bereavement Support Services

Open-to-public grief support workshops, groups, and community resources.

<https://www.palomarhealth.org/bereavement-support-services/>

Hospice of the North Coast – Hope Bereavement Center

Free counseling, groups, and memorial events for families and loved ones.

<https://hospicenorthcoast.org/services/hope-bereavement-center/>

Resources for Children & Teens

Learning About Grief – For Children

Interactive educational tools and activities to help children understand grief.

<https://learninggrief.org/>

Sesame Workshop – Grief Resources

Kid-friendly materials (videos, printables) for helping children cope with loss.

<https://sesameworkshop.org/topics/grief/>

Preparing Children for Funerals

A practical guide for caregivers to discuss and prepare children for funerals.

<https://indd.adobe.com/view/3336b310-bd79-47b1-a48e-f4d68f865124>

Helping Children with Grief

Tips on emotional and behavioral support strategies for grieving children.

<https://www.wgu.edu/blog/helping-children-grief2004.html>

Grief Sucks – Teen Grief Resource

Teen-focused storytelling, resources, and community support.

<https://griefsucks.com/>

Eluna Network – Support for Grieving Youth

Camps, online forums, and peer connection opportunities for grieving young people and their families.

<https://elunanetwork.org/>

Educational Articles & Videos

Grieving Alone & Together

Illustrated reflections on grief and how to hold space for loss during isolation.

<https://indd.adobe.com/view/b95ee34d-e6fa-440a-97ce-fcb3433769cc>

Understanding Stages and Healing from Grief

Grief models, coping strategies, and pathways toward healing.

<https://cnvdetox.com/resources/understanding-grief/>

Speaking Grief – Video Documentary

A YouTube exploration of societal grief dynamics and why talking openly matters.

<https://www.youtube.com/watch?v=0mELerlSakg>

Holistic & Creative Grief Support

Mind–Body Grief Integration – True Life Center

Healing support that combines mindfulness, yoga, and art therapy to nurture mind–body wellness in grief.

<https://www.truelifewellbeing.com/recovery-blog/finding-grief-counseling-near-san-diego-ca/>

San Diego Humane Society – Pet Loss Support

Support groups and resources recognizing the profound grief experienced after pet loss.

<https://www.sdhumane.org/services/pet-loss-support/>

Bereavement & Professional Support

San Diego County Medical Examiner Bereavement Center

Specialized counseling and practical support for families dealing with sudden or traumatic loss.

<https://www.sandiegocounty.gov/content/sdc/me/families/bereavement.html>

Elizabeth Hospice Children's Bereavement Center

School- and community-based grief programs for youth and families at no cost.

<https://elizabethhospice.org/grief-support/>

Scripps Health Grief & Bereavement Services

Chaplain care, memory-making tools, and gentle grief planning resources.

<https://www.scripps.org/services/grief-and-bereavement-services>

Zencare Directory – Grief Counselors in San Diego

A curated list of local therapists specializing in loss and bereavement, available in-person or online.

<https://zencare.co/us/california/san-diego/therapists/specialty/loss-and-grief>

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