

Community Connections

JANUARY - MARCH 2026

GRIEF SUPPORT

Find support for grieving or facing a loss

DROP-IN SUPPORT GROUPS

Every Thursday afternoon, 4:00-5:30 p.m. ■ virtual

First, third, and fifth Saturdays, 10-11:30 a.m. ■ virtual

Second and fourth Saturdays, 10:00-11:30 a.m. – focus on spouse/partner loss ■ virtual

Last Thursday of the month, 1:15-2:45 p.m., San Bruno Sr. Center (in person)

NEW Second Thursday of the month from 1-2:30 p.m., Senior Coastsiders, Half Moon Bay (in person)

SPECIALIZED SUPPORT GROUPS

Suicide Loss ■ First and third Thursdays, 6:00-7:30 p.m. ■ virtual

EOLOA, an 8-week group for those whose loved one chose the End of Life Options Act, Mondays March 16-May 11 (skipping May 30) , 6:00-7:30 p.m. ■ virtual. ■ Contact Kate Nitze, LCSW to register knitze@missionhospice.org

Writing through Loss ■ Tuesdays, 6:00-7:30 p.m. January 27-March 17 ■ virtual
Contact Christine Kovach, LCSW to register: ckovach@missionhospice.org

CONVERSATION & COMMUNITY

Death Café

Tuesdays, 10:00-11:30 a.m. ■ virtual

Jan 20 | [Eventbrite](#) | Feb 17 | [Eventbrite](#) | March 17 | [Eventbrite](#)



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