

Offered by Hospice SLO County

Grief & Growth Support Group

Tending grief, cultivating growth

Join a free community grief support program
for adults in SLO County, ages 18-24.

Dates & Time

Tuesdays: 4:00 to 5:30 pm

May 12 - June 30, 2026

Location: Meadow Park, 2333 Meadow St, San Luis Obispo 93401

What to expect:

- Connect with others
- Explore grief through art, writing, movement, and nature activities
- Find coping tools and community support
- Participate in small, guided, and confidential group sessions led by trained Hospice SLO County grief counselors.

Pre-registration is required. For more information, contact Jamie at hospiceslo@hospiceslo.org or call 805.544.2266.

All services are provided at no charge. Donations appreciated.

