

Bereavement and Support Groups

Everyone needs support to help get through loss or illness. Mercy Medical Center Redding is here for you and your family.

Living with Loss, Living Fully: Spousal Loss Support Group

Fridays 11 a.m. -12:30 p.m. | 200 Mercy Oaks Drive Redding, CA 96003

New Pathways to Hope: New to Spousal Loss Support Group

Tuesdays 11 a.m.-12:30 p.m. | 200 Mercy Oaks Drive Redding, CA 96003

Growing Through Grief Online: Zoom General Grief Support Group

Thursdays at 3 p.m. | Call Kristin at (855) 978-9251 to request the meeting link.

Growing Through Grief: In Person General Grief Support

Fridays 1:30 p.m. - 3 p.m. | Conference Room at Hilltop Springs, 7 Hilltop Drive

Hearts of Hope: Parents of Young Children Who Have Lost a Spouse or Partner

1st and 3rd Tuesday | 6:30 -7:30 p.m. at the YMCA in Redding

For more information on our Bereavement and Support Groups,
please call Kristin Duarte at (855) 418-2725.

Hello humankindness

