

# Scripps Mercy Hospital Chula Vista Well Being Center

## *Widow Support Group*

*This group provides support, understanding and compassion for men and women who have experienced the loss of a spouse. Participants have an opportunity to share emotions and learn to cope with grief in a warm and caring environment.*



### MEETING DATES & TIMES

**2nd & 4th Monday of Each Month  
10:00 AM-12 Noon  
Scripps Mercy Hospital Chula Vista  
Well Being Center  
237 Church Avenue  
Chula Vista, CA 91910**

*Facilitated by Joan Hubbell*



**For more info please call  
(619) 690-2333  
(619) 862-6600**

