

Scripps Mercy Hospital Chula Vista Well Being Center

Presents

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.

*This support group is
Free of charge*

Facilitated by Joan Hubbell



**2nd & 4th Monday of each Month
10:00 a.m. - 12 noon
Scripps Mercy Hospital Chula Vista
Well Being Center
237 Church Avenue
Chula Vista, CA 91910**



*For more information, please call
(619) 690-2333 or (619) 862-6600*