



# **Victim/Witness Information and Resource Packet**

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U.S. Attorney's Office,  
Southern District of California  
880 Front St.,  
Room 6293 (6th Floor)  
San Diego, CA 92101

Case Number

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Case Name

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Assistant U.S. Attorney

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Victim-Witness Coordinator

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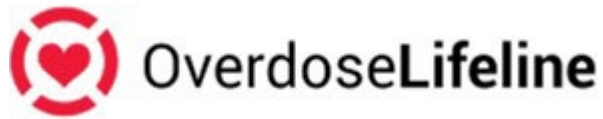


Grief has no timeline.

Please consider seeking the support of caring, loving friends, family spiritual mentors, and professional counselors to help you through the grieving process.

The following are a few resources for your consideration.

# Organizations



## OverdoseLifeline

<https://www.overdoselifeline.org/lifeline-for-loss/>

Loving someone with substance use disorder comes with a great deal of challenges and heartache. Society judges individuals who misuse substances, and the family experiences this stigma and shame too. When we lose a loved one to a drug overdose the ability to grieve is thwarted by this shame, stigma, and judgment imposed by society. Overdose Lifeline recognizes the need for an understanding community to provide support from a loss. **Lifeline for Loss is a monthly support group for anyone experiencing this loss.**

Phone contact: (844) 554-3354; [contact@overdoselifeline.org](mailto:contact@overdoselifeline.org)



## AL-ANON / ALATEEN San Diego

<https://www.alanonsandiego.org/>

Al-Anon helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Similarly, Alateen is our recovery program for young people. Alateen groups are sponsored by Al-Anon members. Our program of recovery is adapted from Alcoholics Anonymous and is based upon the Twelve Steps, Twelve Traditions, and Twelve Concepts of Service.

The only requirement for membership is that there be a problem of alcoholism in a relative or friend. Whether the alcoholic is still drinking or not, Al-Anon/Alateen offers hope and recovery to all people affected by the alcoholism of a loved one or friend.

Meetings can be found locally at [alanonsandiego.org/find-a-meeting](https://www.alanonsandiego.org/find-a-meeting) and are typically 1 to 1.5 hours long. There are meetings for parents of alcoholics, children of alcoholics, men's, women's, and LGBTQ+. Each meeting group has their own personality, and we suggest trying different meetings to find those that feel most comfortable.

Phone contact: (619) 296-2666 - Available 24 hours per day.



## **GRASP** **Grief Recovery After Substance Passing**

Specific group for overdose death: <http://grasphelp.org/> or <http://grasphelp.org/m/>

GRASP was created to offer understanding, compassion, and support for those who have lost someone they love through addiction and overdose.

We have suffered this same kind of loss, and we have found the love and connection that only those who have lived this loss can give another. And while the pain of this loss will always be with us, we have found through GRASP that we don't have to walk the road that is our pain alone. We walk it together, hand in hand and heart to heart.

Phone contact: (302) 492-7717; [administrator@grasphelp.org](mailto:administrator@grasphelp.org)

### **San Diego La Mesa Chapter:**

<http://grasphelp.org/la-mesa-chapter/>

Pre-registration is required for new attendees; please contact chapter facilitator to register. Group held third Thursday of each month from 6:30-8:30 p.m.

Contact person: Shawn Norton (619) 793-8958;  
[shawnmnorton@yahoo.com](mailto:shawnmnorton@yahoo.com)



## **Grieving Mothers' Support Group** **(Loss of a child; Christian-based)**

<https://www.umbrellaministries.com/>

**Umbrella Ministries** was founded in 1996, with the sole purpose of helping mothers through their grief of losing a child. Since its beginning Umbrella Ministries has offered comfort, hope and encouragement to hundreds of mothers across the United States, including Alaska and Canada.

Grieving the death of a child can be a painful and lonely struggle. Working through such anguish requires tremendous effort, patience, faith and hope. Umbrella Ministries assists bereaved mothers through this difficult period with support, encouragement and love. If you have experienced the loss of a child, you need not grieve alone -- we understand and we're here for you.

### **San Diego Chapter:**

[http://www.umbrellaministries  
sd.com/](http://www.umbrellaministries.sd.com/)

Meetings vary.

Contact person: Linda Stirling (619) 871-2870;  
[help@umbrellaministriessd.com](mailto:help@umbrellaministriessd.com)



The Elizabeth Hospice

## The Elizabeth Hospice

<https://elizabethhospice.org/grief-support/children/>

Children & Adults Grief Counseling Services and Support – San Diego County & Southwest Riverside County: provides counseling, support groups, resources, and education to community members experiences the death of a loved one, regardless of the type of death experienced. We help people of all ages regain hope and move forward in life.

Main contact: (833) 349-2054 (toll free) ;

[info@ehospice.org](mailto:info@ehospice.org) (Adults)

Children's Grief Support Group Contact Info:

Contact Person: Bianca Gregori, Children's Bereavement Program Manager

Phone contact: (760) 223-7337

Email: [childrensbereavement@ehospice.org](mailto:childrensbereavement@ehospice.org)



## A New PATH (Parents for Addiction Treatment & Healing)

<https://www.anewpath.org/>

A New PATH works to reduce the stigma associated with addictive illness through education and compassionate support, and to advocate for therapeutic rather than punitive drug policies.

They strive to assure access to quality cost-effective addiction treatment services, lessen the harms associated with addictive illness, reduce recidivism, save lives, and move towards a healthier society, free from discriminatory drug policies, violent crime and wasted lives.

Contact: April Ella, Director of Operations

Location: 3930 Oregon St. Ste. 210 San Diego, CA 92104

Phone contact: (619) 670-1184



## **Bereavement Center - San Diego County (San Diego County Medical Examiner's Office)**

<https://www.sandiegocounty.gov/content/sdc/me/families/bereavement.html>

A sudden and tragic loss often accompanies the need to make very serious decisions while still suffering from the disbelief of what has happened. These decisions may include using services with which you are unfamiliar and involve matters that you have not previously considered. It is our hope that we can help ease your burden in some small way by providing information that may be helpful to you now and in the coming weeks. Our thoughts and prayers are with you during this difficult time.

The San Diego County Medical Examiner Bereavement Center partners with [The Center for Compassionate Care of the Elizabeth Hospice](#) (listed above) in order to be a support to those that have experienced a sudden and traumatic death in the family and provides free services such as licensed counseling, financial and credit counseling and credit services. We also refer services for Crime Victims Compensation, various survivor support programs for homicide, sudden infant death, suicide and general bereavement.

5570 Overland Avenue  
Suite 101  
San Diego, CA 92123-1206  
Phone contact: (858) 694-2895



## **The Compassionate Friends – Supporting Family After a Child Dies** [www.compassionatefriends.org](http://www.compassionatefriends.org)

The mission of The Compassionate Friends: When a child dies, at any age, the family suffers intense pain and may feel hopeless and isolated. The Compassionate Friends provides highly personal comfort, hope, and support to every family experiencing the death of a son or a daughter, a brother or a sister, or a grandchild, and helps others better assist the grieving family.

Phone Contact: (877) 969-0010

### **Compassionate Friends - San Diego County Chapter 1027**

<https://www.compassionatefriends.org/chapter/san-diego-county-chapter/>

Location:

Northminster Presbyterian

Church

4324 Clairmont Mesa Blvd

San Diego, CA

Phone contact: (619) 583-1555

Meeting Information:

1<sup>st</sup> Thursday of each month is in person,

1<sup>st</sup> Wednesday of each month at 7:00 pm

**\*\*Chapter is currently holding virtual meetings. Please contact chapter directly for login information.**

<https://www.compassionatefriends.org/find-support/online-communities/>



## **Center for Jewish Care at JFS**

**For referrals:** <https://www.jfssd.org/about-us/> Jewish Family Service partners with people of all backgrounds to build stable and dignified lives. Together, we create a stronger and healthier community where everyone can thrive.

Location:

Community Services

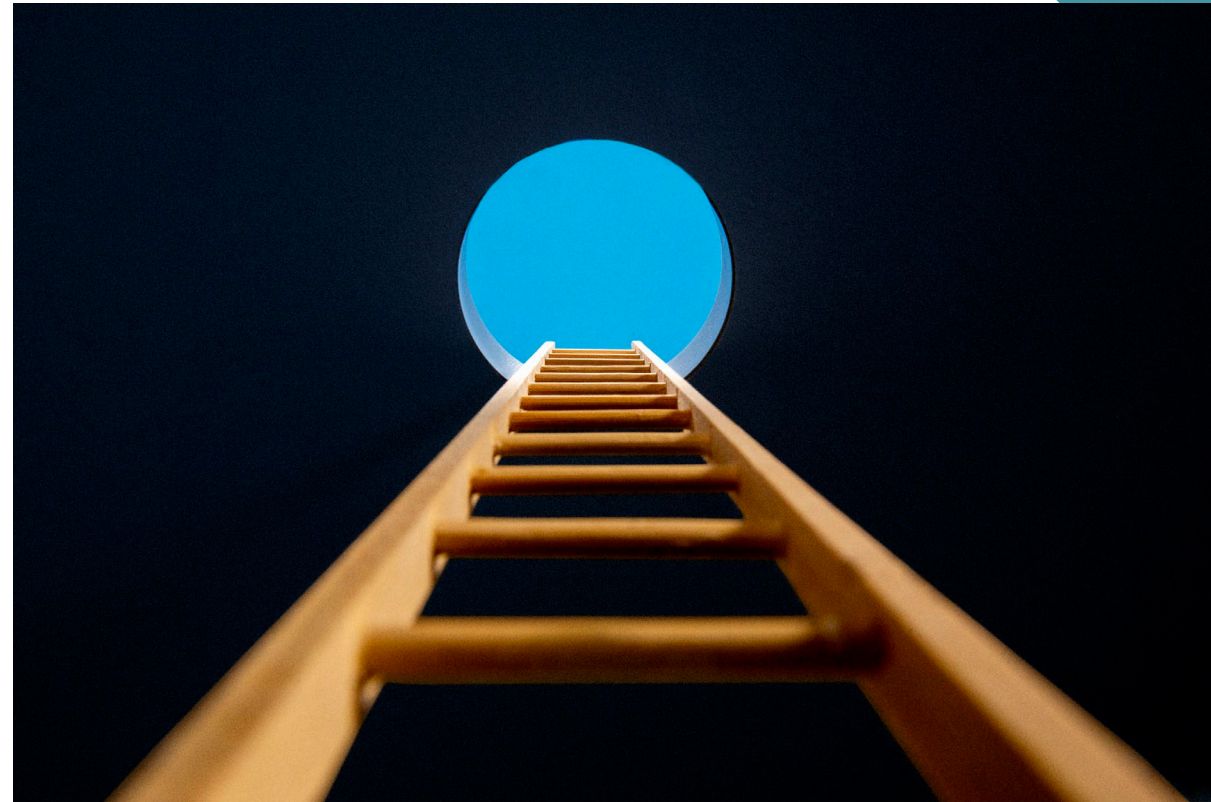
Building 8788 Balboa Ave.

San Diego, CA 92123

Phone contact: (858) 637-3210; please leave a voicemail, and we will respond within 1-2 business days.

\*We are not currently offering any support groups, and we refer out to the community for such services.

Contact Person: Becky Lawton at [beckyl@jfssd.org](mailto:beckyl@jfssd.org)



# Pier View Counseling



[www.pierviewcounseling.com](http://www.pierviewcounseling.com) (Fee for service and insurance)

We are committed to providing high quality therapeutic services to anyone struggling to cope with the current circumstance in their life. I will teach you practical tools for healing grief, trauma and other major life transitions. With compassion and understanding, we will look at your situation from a deeper perspective to learn more about how we can apply healthy ways of thinking and new ways to engage in relationships with others. You will learn about how the mind works as a means of understanding how to invite peace, and well-being into your life. I also incorporate other alternative healing practices, such as aspects of yoga and reiki, which may help maximize your healing process.

Contact:

Lydia Lombardi, MSW, LCSW

Location:

2103 South El Camino Real, Suite 101A Oceanside, CA 92054

contact: (760) 576-5822

[lydia@pierviewcounseling.com](mailto:lydia@pierviewcounseling.com)



## Partnership to end Addiction

<https://drugfree.org/article/grief-resources-for-families/>

The parents and caregivers of those struggling are essential to successful treatment and recovery, but are woefully under-supported. In 2023 we provided direct, personalized and free support to more than 20,000 parents, with 89.1% reporting positive benefits. More than 1.7 million people benefited from our educational resources, including “how to” guides, videos, parent skills courses, and articles—all available for free on our website.

- Partnership to End Addiction is a result of the cohesive joining of two pioneering and preeminent addiction-focused organizations — Center on Addiction and Partnership for Drug-Free Kids.
- We combine our depth of expertise with our compassion-driven, hands-on approach to deliver solutions to individuals and families and proactively take action to incite productive change.
- Together, as Partnership to End Addiction, we mobilize families, policymakers, researchers and health care professionals to more effectively address addiction systemically on a national scale.





## Substance Use & Overdose Prevention Taskforce

<https://www.suopt.org/>

The Substance Use and Overdose Prevention Taskforce (SUOPT) embodies a multi-disciplinary approach to minimizing the impacts of substance use in our community. SUOPT is a coalition of professionals and community members dedicated to reducing substance use harm.



## Song for Charlie

Illicit Fentanyl is dominating the drug landscape and causing record numbers of drug deaths in America, particularly among our Gen Z youth. Learn the facts about fentanyl and take empowered action to protect yourself and your loved ones.

Song For Charlie has created an accessible and convenient fentanyl education course that helps parents and caregivers connect with their children to have constructive conversations about the new chemical drug landscape. The course includes flexible online sections that can be completed at your own pace.

Get the facts. Website in English and Espanol.

<https://songforcharlie.org/>



## Therapy Changes

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[www.TherapyChanges.com](http://www.TherapyChanges.com) (Private pay and insurance)

At Therapy Changes, we provide therapy for every stage of life including premarital and divorce counseling, relationship therapy, parenting challenges, working with blended and non-binary families, grief and trauma therapy, guidance through life transitions including gender identity-related issues. We also have specialized experience with the complex emotions of adolescence and childhood.

It's our mission to help you feel empowered to make positive change in your life, no matter what you're going through. We'll teach you valuable tools, techniques and resources to provide guidance and partner with you in developing realistic goals and create a plan to achieve them. By appointment only.

Location:

2221 Camino del Rio South, Ste 200 San Diego, CA 92108

Phone contact: (619) 275-2286

<https://therapychanges.com/contact/>



## Kaiser Permanente Bereavement Group Community Resources List

<http://continuingcare-sandiego.kp.org/PDFs/Bereavement%20Group%20Community%20Resources%202018.pdf>



## Vitas Hospice – San Diego Bereavement Department

[www.vitas.com/grief](http://www.vitas.com/grief)

VITAS Healthcare support groups provide information and guidance to those experiencing grief and loss. We offer an assortment of phone-in support groups and Zoom video support groups, free of charge, to help meet the needs of caregivers. These support groups are offered by VITAS Bereavement Services.

<https://www.vitas.com/family-and-caregiver-support/grief-and-bereavement>

Phone contact: (858) 499-8901

Scott H. **Silverman**

## Your Crisis Coach

<http://www.yourcrisiscoach.com/>

I empower individuals and families to move forward past the crisis and onto the road of recovery. As founder of Second Chance, I worked to break the cycle of substance abuse, unemployment, poverty, and homelessness for 25,000 at-risk teens and adults going through the incarceration system. Today, I lead the team at Confidential Recovery, an intensive outpatient substance abuse recovery program.

### Scott Silverman

7071 Consolidated  
Way San Diego, CA  
92121

Phone contact: (619) 993-2738;

[Scott@YourCrisisCoach.com](mailto:Scott@YourCrisisCoach.com) Confidential Recovery -  
Treatment Center [www.Confidentialrecovery.com](http://www.Confidentialrecovery.com)

### Saranne Wilson, LMFT

Location:  
4700 Spring St.,  
#307 La Mesa, CA  
91942

Phone contact: (619) 685-1343