

VNA Health continues to closely monitor the ongoing Coronavirus Disease 2019 (COVID-19) pandemic. Our top priority remains the health, safety and well-being of our community. Therefore, in the spirit of being respectfully cautious amid the ongoing spread of COVID-19 we have suspended our in-person support groups and are offering some groups online through video conferencing platforms.

We are currently offering individual grief counseling via telehealth: phone or video counseling with one of our trained bereavement counselors.

Also, we are offering online support groups via Zoom, such as Loss of Spouse or Partner and Loss of Parent.

Please email us at bereavement@vna.health or leave a confidential message at [805-690-6201](tel:805-690-6201) if you would like to arrange individual counseling, join a current online group or be added to the list for any of the following future groups.

All services are offered to the community free of charge.

- Loss of Spouse or Partner
- Loss of Parent
- Valley Grief groups (Solvang and Lompoc)
- Mindfulness in Grief and Healing
- Writing to Heal
- Younger Grievors Group (people in their 20s and 30s)