

VNA Health continues to closely monitor the COVID-19 Pandemic. Our top priority remains the health, safety and well-being of our community.

We are currently offering individual grief counseling via telehealth and in-person, abiding by current COVID-19 guidelines and restrictions. We plan to offer future in-person support groups at our Santa Barbara County locations.

Please email us at **bereavement@vna.health** or leave a confidential message at **805-690-6201** if you would like to arrange individual counseling, join a current online group, or be added to the list for 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)

 **www.vna.health/bereavement**