

We offer support groups via Zoom and in-person at our Santa Barbara County locations, abiding by current COVID-19 guidelines and restrictions.

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 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
- Grief Walk and Talk
- Mindfulness in Grief and Healing
- Writing to Heal
- Younger Grievors Group (people in their 20s and 30s)
- Men's Grief Group
- Coping with the Holidays Workshops

www.vna.health/bereavement

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Fall colored vineyards covering the hills of Santa Barbara County