

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
- Grief Walk and Talk
- Mindfulness in Grief and Healing
- Writing to Heal
- Men's Grief Group
- Loss of a Loved One (via Zoom)

 **www.vna.health/bereavement**

CARING FOR OUR COMMUNITIES SINCE 1908

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VNA HEALTH HAS EARNED THE JOINT COMMISSION'S GOLD SEAL OF APPROVAL FOR HOME HEALTH CARE, PALLIATIVE CARE AND HOSPICE CARE