

BEREAVEMENT CARE

SPRING 2023 Programs & Events

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**
- **Loss of a Loved One (via Zoom)**

FOR MORE INFORMATION
www.vna.health/bereavement