



BEREAVEMENT CARE

SUMMER 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



CARING FOR OUR COMMUNITIES SINCE 1908
(805) 965-5555 | vna.health



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

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