


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](mailto: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
- Grief and Growth (via Zoom)

 **[www.vna.health/bereavement](http://www.vna.health/bereavement)**

CARING FOR OUR COMMUNITIES SINCE 1908

805.965.5555 | [vna.health](http://vna.health)



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