

BEREAVEMENT CARE

Winter 2024 Programs & Events

We offer support groups in-person and via Zoom in our Santa Barbara County locations.

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 Parent
- Loss of Spouse or Partner
- The Spirit in Grief grief group with a spiritual focus
- Grief Walk & Talk (Thursdays 10–11 AM)
- Grief and Growth (via Zoom alternate Wednesdays 11 AM–Noon)

FOR MORE INFORMATION and TO REGISTER Call 805-690-6201 or email bereavement@vna.health

www.vna.health/bereavement





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











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