

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 in Santa Barbara)
- Grief and Growth (via Zoom alternate Wednesdays 11 AM–Noon)
- Navigating the Holidays (offered on selected dates in the Fall)

FOR MORE INFORMATION and TO REGISTER

Call 805-690-6201 or email bereavement@vna.health

 www.vna.health/bereavement