

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

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 Parent
- Loss of Spouse or Partner
- 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 November and December)

**FOR MORE INFORMATION and TO REGISTER**

**Call 805-690-6201 or email [bereavement@vna.health](mailto:bereavement@vna.health)**

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