

HEALING GRIEF THROUGH JOURNALING



THURSDAYS

Jan 11th—Feb 8th
6:30—7:30 p.m.

FREE AND OPEN TO THE PUBLIC

These free programs are made possible exclusively through grants and donations.

Registration is required.

For further information or to register, please contact us at **(805) 389-6870** or **grief@lmvna.org**, or scan the **QR Code** below.



GRIEVING A DEATH DUE TO ACCIDENTAL OVERDOSE



TUESDAYS

Jan 16th—Mar 19th
6—7:30 p.m.

FREE AND OPEN TO THE PUBLIC

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Registration is required.

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Livingston Memorial Visiting Nurse Association & Hospice
1996 Eastman Ave., Ste. 101 | Ventura
(805) 642-0239 | lmvna.org



**PARENT LOSS
OF ADULT CHILD**
(OVER 21 YEARS OLD)



THURSDAYS

Jan 18th—Mar 21st
6:30—8 p.m.

FREE AND OPEN TO THE PUBLIC

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THURSDAYS

Mar 7th—May 9th
6:30—8 p.m.

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ADULT LOSS OF A PARENT



TUESDAYS

Feb 6th—Mar 26th
6—7:30 p.m.

FREE AND OPEN TO THE PUBLIC

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ADULT LOSS OF SIBLING



TUESDAYS

Mar 26th—May 7th
6—7:30 p.m.

FREE AND OPEN TO THE PUBLIC

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HEALING GRIEF THROUGH ART



THURSDAYS

Apr 4th—Apr 25th
6:30—8 p.m.

FREE AND OPEN TO THE PUBLIC

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Registration is required.

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ANTICIPATORY LOSS



THURSDAYS

Apr 4th—May 23rd
6—7:30 p.m.

FREE AND OPEN TO THE PUBLIC

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Registration is required.

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INFANT OR PREGNANCY LOSS



THURSDAYS

May 21st—July 9th
6—7:30 p.m.

FREE AND OPEN TO THE PUBLIC

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