

# Bereavement Group

## **Date/Time:**

Thursdays 6pm-7:30pm  
Online via Zoom

**Cost:** Free

**RSVP:** Register on our website:  
[cancersupportvvsb.org](http://cancersupportvvsb.org)  
or email:  
[programs@cancersupport.org](mailto:programs@cancersupport.org)  
or call: 805.379.4777



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Family members of someone who has recently died of cancer often find themselves physically, mentally, and emotionally exhausted, scared, sad, and alone. CSC bereavement groups are places of healing and support, safe places to share feelings, as well as stories and memories of those no longer here.

A brief preparation interview is required before attending this group.

This group is facilitated by Anne Gessert, LMFT, who has facilitated CSCVSB bereavement groups for over 20 years. As with all services provided by CSCVSB, they are offered free of charge.