

Bereavement Groups

Weekly Bereavement Group:

Thursdays 6pm-7:30pm
Online via Zoom

Moving Ahead Together:

1st & 3rd Wednesday 6pm-7:30pm
Online via Zoom

Cost: Free to CSCVSB Participants

RSVP: Register on our website:
cancersupportvvsb.org

or email:

programs@cancersupportvvsb.org

or call: 805.379.4777



Weekly Bereavement Group: While the primary focus of this group is to offer support and hope to those newly bereaved, anyone whose loved one has died from cancer is welcome to attend this weekly group.

Moving Ahead Together: This group, which meets twice a month on the first and third Wednesday of the month is a group for those who have moved through the initial rawness of grief. It is a place for members to share hopes and fears and to offer each other strength and support in moving forward toward the future. Members of this group are also welcome to attend the Thursday weekly group.

A brief preparation interview is required before attending these groups.

Both groups are facilitated by Anne Gessert, LMFT, who has facilitated CSCVSB bereavement groups for over 20 years.