



Compassion That Extends Beyond Care

VNA, Western Pennsylvania has long been known for providing exceptional in-home health care services to individuals and families across Armstrong, Beaver, Butler, Lawrence, Mercer, and northwest Westmoreland counties. Yet, the heart of VNA's mission reaches even further—into the lives of those coping with loss, grief, and change.

Through its **Community Bereavement Program**, VNA offers **free, compassionate support** to anyone grieving the loss of a loved one. These services are open to the entire community and are designed to bring comfort, understanding, and hope during life's most difficult seasons.

Individual Bereavement Support

Every person's grief journey is unique. Our certified bereavement specialists provide one-on-one support through phone sessions and, when desired, in-person visits. For those who may need more extensive care, our professionals can offer thoughtful guidance and referrals to trusted community counseling resources, ensuring that no one walks this path alone.

Community Education and Support

VNA also offers a **Bereavement Library**, a quiet space for reflection and self-guided healing. Inside, visitors will find a variety of resources—from personal stories of loss and resilience to research-based materials that help individuals better understand the grieving process. Whether you are grieving personally or supporting someone who is, the library offers a gentle place to learn, reflect, and heal.

Support for Children and Teens

Grief can be especially difficult for young hearts to understand. VNA provides individualized bereavement services for **children and teens** whose families are enrolled in the VNA Hospice Program. These sessions are carefully tailored to meet each child's emotional needs, helping them process loss in a safe and compassionate environment.

Support Anytime, Anywhere

In today's digital world, VNA Hospice extends its support online through its **YouTube channel**, offering accessible resources for anyone in need. The channel includes guided meditations, educational talks, and the inspiring *Grieving Well* series—designed to bring comfort and guidance right to your home.

Watch the *Grieving Well* YouTube Series:

- [Episode 1](#)
- [Episode 2](#)
- [Episode 3](#)
- [Episode 4](#)

View our *Holiday Bereavement Offering*:

[Watch here](#)

To explore more inspiring videos, visit and subscribe to the [Lutheran SeniorLife YouTube channel](#).

A Message of Hope

Grief touches everyone differently. It can feel heavy and unrelenting, yet it is also a natural part of love and life. Healing doesn't happen all at once—but with compassion, understanding, and community, comfort is possible.

If you or someone you love could benefit from free bereavement support, please contact the **VNA Community Bereavement Center** at **724-431-3520**. Our team is here to walk beside you—one step, one day, one breath at a time.

Quick Reads

- [Forecast for the Day](#)
- [Thoughts on Getting Through](#)
- [What's Next?](#)

