



Keyworth Self Help Bereavement Group

A small informal conversation based self help group that meets monthly.

For people who do not feel the need to seek professional counselling but who would very much appreciate the opportunity to share their feelings, fears, regrets etc. and receive mutual, sensitive support.

The aim of the group is to bring together people who are experiencing bereavement and to meet others in a similar situation.

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Attending a group is an opportunity to connect with others who have had a loss and are experiencing a similar grief.

It is an opportunity to express yourself, if you choose, in a safe and friendly environment.

It is an opportunity to experience hope that you will feel better again. Most people report feeling better even after attending their first group meeting.

Keyworth Self Help Bereavement Group

This self help group is for people struggling to cope with bereavement. For some, it will be enough to meet people and talk with others who have been through the same experience.

The group meets every last Tuesday of each month in the Keyworth Health Primary Care Centre, ground floor, 10.30 - 12 noon.

Please call if you have questions or want more information:
Contact Peter 0115 937 3773

Dates for 2016:

Jan 26th, Feb 23rd, Mar 29th, Apr 26th, May 31st, Jun 28th, Jul 26th, Aug 30th, Sep 27th, Oct 25th, Nov 29th, Dec 27th.

